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### Easterner, Vol. 62, No. 24, April 20, 2011

Associated Students of Eastern Washington University

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#### THE EASTERNER Eastern Washington University April 20, 2011 Volume 62, Issue 24 Online Exclusives at *easterneronline.com*



A spot on the rec center's wall of fame calls competitors Page 3

EAGLE LIFE Family Weekend takes over campus, Page 4 **SPORTS** Tennis misses the BCS tournament, Page 10 EAGLE LIFE Coverage of Get Lit panels, Page 7

# **ASEWU** candidate declared ineligible

With unanimous decision by Superior Court delivered and appeal to Council rejected, presidential field narrows to two

BY DYLAN COIL, NICOLE ERICKSON, JAMES EIK the easterner

Friday, April 14, the Associated Students Superior Court ruled against Kadija Sesay's appeal, removing her presidential candidacy from the 2011 election ballot.

Parker Hemingway, director of elections of the Associated Students of EWU (ASEWU), filed a grievance against Sesay, stating that she violated the ASEWU bylaws concerning campaigning and should be removed from the ballot.

Bylaw 206A, section 5, subsection A, states that campaign materials shall not be posted or distributed prior to 6 a.m. the day after the mandatory election candidate information session, which is determined by Hemingway, and the official close of election filing.

A few days before receiving her candidacy packet, Sesay posted a group on Facebook that announced her candidacy and encouraged others to vote for her. When learning that she created this group prior to the allowable date for candidates to begin campaigning, she told Hemingway of her group.

"I did some investigating, and I found that she was in clear violation," said Hemingway. "In order to keep it fair to everyone else, it was my job to file a formal grievance."

After the grievance was filed, Sesay took the opportunity provided to her by the student conduct code and appealed Hemingway's decision. Her appeal papers were submitted to ASEWU Superior Court Justice Jared Couch, who determined the hearing date.

"We have 10 days to act [to a filed appeal]," said Couch. "But in this case, I wanted to act as quick as possible so the candidate wasn't left wondering, 'What is the future going to bring for me? How are they going to rule?"

Couch gave Hemingway the necessary three days notice of the hearing before it was officially scheduled for April 14 at 1:30 p.m.

Sesay's appeal was two-fold as she stated that she had not received the proper process in removing her name from the ballot and also not being fully informed of the rules and regulations concerning campaigning.

"Having to deal with this is not fair because I should be campaigning right now," Sesay said.

In response to Sesay's statement of not being informed of campaigning policies, Hemingway referenced the campaigning agreement that each candidate must sign, which included a list of all bylaws concerning election and campaign materials as well as a statement that official campaigning can not begin until 6 a.m. April 9.

Once [Sesay] picked up the packet and knew what the rule was, the Facebook group should have been deleted on the spot," Hemingway said.

Rather than deleting the group, Sesay set the group to private where members could continue posting but no one else could find the group.

"She came to me with admitting that she had created a Facebook page prior to the 6 a.m. allotted time to start campaigning and distributing campaign materials," Hemingway said during the hearing.

"If they're going to do that, they need to make [the endorsement policy] applicable to the [Associated Students] staff, council, everything."

- Kadija Sesay Former ASEWU Presidential candidate

"In order to keep it fair to everyone else, it was my job to file a formal grievance."

- Parker Hemingway **ASEWU Director of Elections** 

Hemingway detailed the process of formally meeting with Sesay.

"During the day of the meeting, I had not been in my office yet to see that the appellant had replied to my email a day prior at 5:30 [p.m.] Monday, April 11," he said.

Sesay said that she originally came to the ASEWU office for a formal meeting during Hemingway's office hours at 11 a.m. Tuesday and waited for an hour, but he was not present.

Hemingway said he was in a group session for a class during that time.

Sesay has filed a complaint against the ASEWU staff with OSRR. She said they were not impartial in their decision and are "blatantly full of corruption, nepotism and discrimination. I hope they will prove me wrong and be none of the above."

"I just want a just and fair trial," she said prior to the hearing.

Another element of confusion in Friday's hearing was the lack of concrete definition of an "endorsement." A member of the Superior Court was unwittingly added on Sesay's group and has a hearing pending on allegations of endorsing a candidate.

According to ASEWU bylaw 206A, section two, "All ASEWU Council titles (e.g. ASEWU president, ASEWU Vice president, etc.) are the property of the Associated Students of Eastern Washington University, Inc., and shall not be used as part of an endorsement of a candidate for an ASEWU office or and ASEWU ballot initiative or referendum."

The confusion related to endorsements was also noticed by Sesay. "If they're going to do that, they need to make [the endorsement policy] applicable to the [Associated Students] staff, council, everything," she said.

#### **Results** are in

Read up on all of the candidate bios and see the election vote tallies

PAGE 5

However, a Superior Court justice associated with Sesay's group neither used her title while in Sesay's Facebook group, nor did she make any comments on the group's wall, which is what stimulated some controversy at both the hearing and the ASEWU council meeting where Sesay appealed the Superior Court's decision to deny her request.

"The word endorsement is not defined in the definitions of the constitution," said Couch. "But you have to read [the bylaw] as a whole. It says, 'Any member of the ASEWU superior court who intends to endorse or participate.' So the words endorse and participate need to be looked at."

Couch said it was the participation aspect that influenced the Superior Court's decision on ruling Callahan in violation of the endorsement section in the ASEWU bylaws.

Sesay is a member of the Black Student Union and is a former president of the EWU Wrestling Club.

Reed visit Deferred payments result in tuition fee pushes Fees distributed to services on campus and faculty salaries for college

#### BY KRISTIE HSIN AND LINSEY GARRISON the easterner

An average of 3,000 students paid overdue tuition fees during the 2010-2011 school year.

Determined and approved by Eastern's school board, students are charged a \$50 late fee if tuition is not paid by 5 p.m. on the sixth day of each quarter.

"[The fee] goes to pay for services for the campus," said Director of Student Financial Services Dennis Wilson. "It's to pay for the salaries and things like that."

According to Wilson, Eastern's late fee charges are the lowest charges in the state and are not expected to change.

Other institutions, like the University of Washington, charge a late fee of \$50 for balances between \$50 and \$249.99 and \$120 for balances of \$250 and higher. University of Washington doesn't charge for fees under \$50. Spokane Falls Community College does not charge students if they are late on tuition.

"One thing I think is sucky is even if it's based on financial aid and the Financial Aid Office, they basically say, 'Well, even though we took super long to get you your money, you have to pay us," said Samantha De Abreu. "At Spokane Falls, they wouldn't do that. There [are] no fees there at all. They don't do anything like that. You can just attend classes and they wait until your financial aid comes in."

For students with past due accounts, Student Financial Services can place two types of holds, depending on a student's unpaid balance. For balances more than \$100, registration and the release of a student's transcript will be put on hold. The transcripts of students with balances less than \$100 will not be released but their registration is not affected.

"If someone is on financial aid, usually they get it before the late fees are assessed. Usually they're not affected by late fees unless they don't get their stuff in and finical aid doesn't award them until after the sixth class day," Wilson said.

Many students around campus disagree with Eastern's tuition late fee policies. Other students believe the money should go to establishing more parking places.

"I think these fees shouldn't exist in the first place, wherever they're going. It's probably to something stupid," said Linda Khoury. "This affects students who can't afford the things they need in the first place. Almost every time I've had to be in the registration office for any reason, I've seen someone in there saying, 'I [didn't] know about this.' I have never had to pay the fee because I always get my paperwork in early because I expect that Eastern's systems will be inefficient."

Junior Sentoria Zuill-Brown, who hasn't had to pay the late fee, said, "I think the fee is kind of ridiculous because half the time it's their fault that financial aid is coming in late, so why are they going to charge me for something that's their fault?"

Zuill-Brown thinks the money from the fees should go toward better math teachers.

There shouldn't be a deadline at all. A week isn't a fair amount of time because you're still trying to get all your classes figured out," she said.

Students who sign up for a class after the sixth day are not charged a late fee but are charged with a registration or schedule change fee. For those charged with a late fee, students can file for an appeal only if the university made a mistake. Students can fill out the one page form in Sutton Hall 202.

"It sucks when you get all your loans and grants because you're poor to begin with, and then they charge you because you're poor with your poor money. It's a ridiculous cycle. ... I could use that \$50 for other things like living, you know, bills and food," De Abreu said.



## **TUITION:**

**\$2,021** UNDERGRADUATE TUITION FOR FULL-TIME STUDENT (RESIDENTS)

**\$4,927** UNDERGRADUATE TUITION FOR FULL-TIME STUDENT (NONRESIDENTS)

**\$2,740** GRADUATE TUITION FOR FULL-TIME STUDENTS (RESIDENTS)

**\$6,318** GRADUATE TUITION FOR FULL-TIME STUDENTS (NONRESIDENTS)

## **MANDATORY FEES:**

**\$6.50** PER QUARTER FOR STA TRANSPORTATION

**\$73.84** PER QUARTER FOR HEALTH & WELLNESS AND STUDENT HEALTH CLINIC

**\$35** PER QUARTER FOR STUDENT TECHNOLOGY

**\$65** PER QUARTER FOR REC CENTER

## **REFUND POLICY ON TUITION FOR SPRING 2011:**

**100%** THROUGH APRIL 4TH

50% APRIL 5TH-26TH

**0%** AFTER APRIL 26TH

#### Part of statewide tour debunks voting myths

BY DYLAN COIL senior reporter

Washington Secretary of State Sam Reed visited campus, urging students to vote and persuade their peers likewise to promote politics in a demographic characterized by apathy.

Last Thursday, Reed gave a lecture to a group of students in Monroe 205. His speech lasted an hour and identified common excuses made for

not voting, demonstrating that if young people don't vote, societal decisions will be made by the older generations who statistically make a larger presence in voting



than young adults.

Reed said that a lot of America's youth claim not to vote because they feel they have a lack of knowledge on political issues, their vote doesn't matter, they won't see any short term benefits or politicians don't have their best interest in mind.

Reed debunked these myths one at a time, starting with the fact that voting information is more readily accessible than at any other time in history, so gaining political knowledge is easier than ever.

"One of my messages is just how easy we've made [voting]," said Reed. "The process isn't complicated anymore. In fact, it is slick and designed in a way that students can really connect with in terms of a number of things we're doing with new technology.

Some of these new technologies include online voter registration and candidate information, along with vote-by-mail options.

When asked why students don't vote, one volunteer pointed out the reason that one vote doesn't seem to make a difference. Reed challenged this falsehood by citing the 2004







#### н ВЕАТ 0

#### April 13 - April 17

BY LAUREN JOHNSON copy editor

#### Disturbance call

4/13 2:59 p.m. - Police contacted three people in LA Hall after they had been fighting while walking up Elm Street. A male and a female were fighting about a tattoo. The case was forwarded to the OSRR.

#### Theft

4/13 4:00 p.m. - A pair of 10-year-old cowboy boots valued at \$150 were stolen from the women's restroom in the URC. The owner left the boots at 2:15 p.m., and when they returned at 3:40, they were gone.

#### Agency assist

4/13 9:38 p.m. - Cheney Police assisted Eastern Police at the Taj after a cashier reported a theft that occurred April 8. The theft was caught on video, and with police help, the suspect was identified. There is enough probable cause to make an arrest in the case.

#### Malicious mischief

4/14 10:54 a.m. - Over \$1,000 worth of damage had to be cleaned up. Stenciled graffiti was found throughout campus, including

#### on Sutton, Martin, the Fieldhouse and in the campus mall.

#### **Domestic violence**

4/13 10:54 p.m. – Police were called after two roommates from LA Hall began fighting. One person in the fight was arrested by police. If two people live in the same room as in the residential halls, it is considered a domestic violence case.

#### Lost property

4/14 5:00 p.m. - A female lost her cell phone between Isle Hall and the PHASE April 13. She found an ad on Craigslist that she thought was her phone, but it was not. The phone is a black iPhone with a red case.

#### Traffic stop

4/17 2:00 a.m. - Officers stopped a speeding vehicle and found that the driver was under the influence of alcohol. The driver was arrested and the vehicle was impounded. Officers then got a warrant and searched the car, finding a significant amount of marijuana and cocaine. The suspect is not a student but was visiting students.



#### Auto accident

4/16 5:13 p.m. – Two foreign students tried to teach each other how to drive in the free lot when they drove over the hill towards Reese Court. The car was airborne and eventually totaled. No one was injured, and police issued citations.

## Service learning projects benefit students, community

#### BY AZARIA PODPLESKY staff writer

Service learning projects attempt to bring EWU and the community closer together.

Writing grants, editing websites, creating quarterly newsletters, and serving marginal populations are just a few of the ways service learning projects connect Eastern students with the Cheney community.

"There's some type of service learning project [in all of my classes]," said Dr. Molly Johnson, director of the rhetoric and technical communication program. "Sometimes it's something we find, and sometimes the students find projects as teams, so it varies.'

In many cases, at least one student in a group is already affiliated with the organization which which they choose to work. In past classes, Johnson's students have worked with an organization that fills backpacks with school supplies, wrote a grant for a school district that needed new health and fitness curriculum, and wrote a grant for Turnbull National Wildlife Refuge.

cation students have done a quarterly newsletter for the Cheney Merchants Association, which is a business organization here in Cheney, for several years now," said Johnson. "They're a really small organization; they couldn't get anything published on a regular basis, certainly not at the quality and caliber that we're able to do."

Dr. Teena Carnegie, chair of the English department, said there are three key areas in service learning projects.

The project must serve a need in the community," she said. "The activities must be tied into the learning objectives of the course and there also needs to be some sort of reflection where students have to present their work. It's meant to connect what they learned with what they could be doing after graduation.

Johnson would like to stress that service learning projects are more than just in-class projects completed for a grade; they are projects for real clients who are depending on the students to be successful.

"I tell students in the beginning of the quarter, 'I'm not making it up. I don't control the scenario, so there will be chaos, but I will be here to help you

"I feel that I got a broad range of experience in technical communication that helped make me qualified for a variety of jobs," said Olivia Croom, who is currently working on her fifth service learning project.

"At times it was tedious, but the knowledge that I was working for a real client on a real project, rather than some in-class project I'm only completing for a grade, helped keep me focused."

Not every student finds these projects to be so useful, however.

"Honestly, I didn't learn anything," said Sarah Keltonic about the service learning project she completed for a communication class. "It was a great experience volunteering with the Cheney Care Center, but I didn't learn anything."

Despite the mixed results, Carnegie believes that both students and the university benefit from service learning projects.

"They give students the skills and abilities that they need for their profession as well as confidence that they can do their job," said Carnegie. "EWU wants to connect to the community and show that what we're doing is actually relevant. They want to show that we provide an engaged, educational environment.'

#### 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.

#### WEBSITE

The Easterner publishes a weekly electronic version of the paper at http://www.easterneronline.com.

#### ADDRESS:

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#### The Easterner EWU, Isle Hall 102 Cheney, WA 99004

#### **CIRCULATION:**

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#### 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 email to advertising@theeasterner.info.

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Depending on the quarter, the class will either get through it," Carnegie said. work in small groups or as one large group.

"Our ENGL 205: Intro to Technical Communi-

For many students, service learning projects give them an idea of life after graduation.

## Counseling center educates on the importance of sleep

#### BY KYLE HARDING

staff writer

College students often think staying up late and getting up early is no big deal, but Counseling and Psychological Services thinks otherwise.

Miriam Berkman, training director at Counseling and Psychological services, started doing a workshop on the importance of sleep 11 years ago, and it has been part of the student workshop series ever since the series began. The sleep workshop was presented last Thursday.

We're a sleep-deprived culture," said Berkman. "We know how important sleep is for productivity and memory, but we have no respect or value for sleep." Berkman hopes to make students aware of the role that proper sleep plays in their lives. According to Berkman, college students should ideally be getting nine hours and 15 minutes of sleep per night, although most only get about seven hours.

As well as decreased productivity and memory, lack of sleep can also lead to increased irritability, according to Berkman.

'You start developing 'sleep debt,' and it builds on itself in the same way we think about financial debt," she continued.

Berkman acknowledged that college-age adults often have difficulty falling asleep early enough to get the recommended amount of sleep. Suggestions to aid students in getting proper sleep include: Developing a routine, avoiding large meals or vigorous exercise within three hours of bedtime, avoiding caffeine in the afternoon and evening, and avoiding bright light prior to going to bed.

#### Green Dot Spot

#### commentary by victim advocate Karen Wanjico

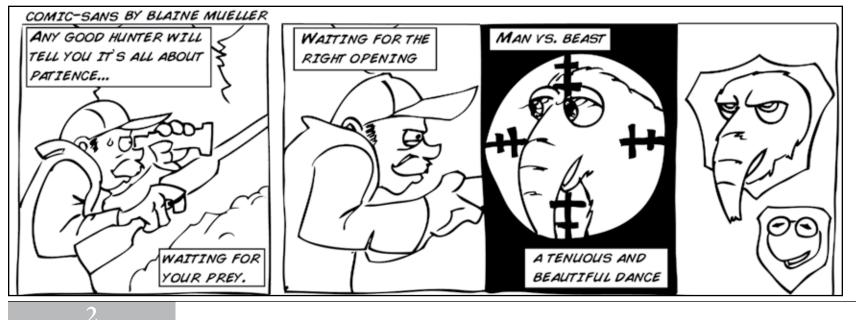
This article was written by Graduate Student Staci Tognazzini.

Hopefully by now you've heard about Green Dot, the Violence Prevention Program on campus. Maybe you've said to yourself "Prevent violence? Me? Surely that's too much work. I'm just one person!" We often forget in this society just how much difference just ONE person is capable of. What would the world look like if everyone realized that they do have the power to make change as an individual? Violence doesn't happen in a vacuum. It's rooted in systemic values and a culture that supports oppression of certain populations.

We all have the ability to make a difference in that system. Green Dot isn't asking you to become a passionate advocate for peace or even to do much that is out of your way. It is simply asking you to stand up for yourself and for your peers when you hear or see something that doesn't seem okay.

Violence permeates our culture on multiple levels. Some signs of it are obvious; the news is constantly showing us what violent incident occurred that day. What about the small signs that occur before actual violence? What about the negative ideas about women in our society, and how that translates to how they are treated? The Green Dot movement isn't just about stepping in the moment you see violence occurring. A Green Dot could be speaking out when someone

tells an offensive joke that helps to perpetuate our culture of violence. A Green Dot could be stepping in when you see someone that might need help, or even just a smile. A that works toward ameliorating the Red Dots- the hatred, the violence, the sadness in our world. You don't have to be a superhero to do a Green Dot. You just have to believe that our community has the ability to work together toward reducing violence.



Green Dot is one tiny act of kindness



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Abortion is a

for the ballot

moral issue not

Last week, a group of

"pro-lifers" stood around the

with dead babies and handed

be small rubber fetuses in or-

der to drive home the point

The thing is, the signs

that abortion is murder.

that say they are "pro-life"

are kind of misleading. The

signs should really read, "We

are pro-have-the-baby. After

There are three things

that, not our problem."

these activists don't real-

ize. For one, if abortion is

made illegal, women who

desperately want one will

what about the baby's life

after birth? And finally, what

about the mother's life while

these pro-lifers get off saying

that the pro-life side of the argument is more important

than the quality of life argu-

addict and the baby is born

addicted to drugs and the

mother abuses the baby be-

cause of it, should the baby

I am in no way saying that

abortion is the only way to

avoid a baby growing up in a

drug-addicted home. Person-

abortion unless the circum-

I would never, ever use it as

birth control, nor do I think

However, the fact re-

mains that whether abortion

anyone ever should.

stances were very extreme.

ally, I would never get an

Alright, let me back up.

have even been born?

ment. If the mother is a drug

I don't understand where

get it anyway. Secondly,

the baby is developing?

campus mall, held up signs

out what were supposed to

Dustin Toms MANAGING/SPORTS EDITOR 509.359.4317 EASTERNER.SPORTS@GMAIL.COM



Bryon Combs bench presses to test his strength capabilities.

## Fitness Center Challenge tests students

By assessing all aspects of strength, URC to award winners of competition with prizes and recognition

#### BY DOUG AULT staff writer

The annual Fitness Center Challenge kicks off May 9, giving gym-goers a chance to make it to the EWU Wall of Fame.

During the weeklong challenge, students compete for the top spots in feats of strength, stamina and athletic ability. With events ranging from maximum squat and power clean to number of push-ups or sit-ups in 60 seconds, the challenge offers categories for any type of fitness fanatic.

"The fitness center challenge is an opportunity for participants to get their name on one of our hall of fame boards," URC supervisor Nausikaa Davis said.

The top five men and women in each category will be listed on the hall of fame boards that hang in the entrance to the recreation center. The first place winner will grace the top of the scoreboard and receive a prize for their efforts.

"We've been fundraising for prizes, but they're still to be determined," Davis said.

For a lift or activity to count toward the challenge, a URC employee must be present at the time of the attempt. Signups will be available at the URC front desk starting April 25 for participants to reserve a time to attempt the feat under employee supervision. Events have been spread throughout the week, with each day testing for a number of events.

The challenge kicks off with maximum bench press and most strides in 15 minutes. Tuesday has a beat-the-clock vibe, testing for most push-ups and most 3-point shots within a minute. Maximum squat and number of pull-ups will be tested on Wednesday, with the fastest one-mile run and most sit-ups in 60 seconds following on Thursday. The fitness center challenge wraps up Friday, May 13, when maximum power clean, fastest onekilometer row and fastest Fitness Center Circuit times are tested.

Doug Ault/Easterner

"The fast fitness 205 circuit is just a collection of different exercises you have to complete in order," Davis said.

Attempts in the fitness center challenge will be judged with specific emphasis on technique, meaning reps exhibiting poor form will not be counted. For the strength exercises, winners will be determined by most weight lifted compared to the participant's body weight, allowing for fair judging for competitors of all weight classes.

Students who win each category will have their name adorning the leader board for a year, until next spring's challenge rolls around again. Sign up for any event starting April 25 in the URC.

## Court members resign for next year's applicants

BY DYLAN COIL senior reporter

The four associate superior court justices of the Associated Students of EWU (ASEWU) have resigned early to allow new applicants the chance to become next year's members of the judicial branch.

These resignations are merely a technicality to comply with student bylaws that new students cannot apply to become a superior court justice until the current justices have resigned. Though resignations have been completed, they do not take effect until the end of this school year.

The ASEWU's Superior Court consists of one chief justice and four associate justices who oversee both the executive and legislative branches of Eastern's student government.

"[The Superior Court] makes sure that all groups affiliated with ASEWU are following our bylaws and constitution [and] hears any cases as far as appeals and grievances," Chief Justice Jared Couch said.

According to Couch, the superior court also hears any case where a student has made a complaint about the way ASEWU acts as a governing body. On top of these duties, the ASEWU judicial branch conducts two quarterly reviews of the ASEWU council and executive branch.

"We're basically just a reactive body that waits for cases to be brought or problems to be brought to our attention," said Couch. "It's our job to just interpret the [ASEWU] constitution and bylaws. We can't waiver from that because, ultimately, if you try to make exceptions you kind of undermine the court and the judicial process." Applications for superior court justice positions are currently being accepted and can be submitted through April 29. The court clerk position is also open for applications until May 22. Positions on the Superior Court are appointed by the ASEWU president after review from the interviewing board members and can be held for the entire duration of a student's time here at Eastern. "I feel like you have to, when you're interviewing someone for a position like that, be able to ask them questions that basically, in a roundabout way, see where their morals lie and what integrity means to them," said Couch. "By having a large group of panelists, you can get a good idea. It's tough to fool a group of people." Applicants are expected to be familiar with the ASEWU bylaws and constitution. This is reflected in the questions asked during the interview process. Associate Justice Josh Clayton was hired last spring and has served as a justice for one year, fulfilling his passion for law and government. "The biggest thing for me is knowing that what we do here actually really does benefit the students. They may not see that, but it really does and everyone here really cares," Clayton said. The ASEWU has a system of checks and balances between the court and the council, much like the American political system. Both Couch and Clayton expressed how the Superior Court allows for student voices to be heard and for the other two branches of student government not to operate unchecked.

## Emails are meant to help parking violators

pregnancies are going to be terminated one way or another.

is legal or not, unwanted

According to sources on http://www.efc.org, "Every year, approximately 50 million unwanted pregnancies end in abortion. 55,000 abortions a day, over 20 million a year, are unsafe." That means almost half of the abortions that occur worldwide each year are conducted by the mother ingesting harmful chemicals or somehow dangerously aborting her fetus.

It is outlandish, arrogant and disgusting that people can actually think that something as valuable as a human life, and yes, I am referencing the mother's life as well as the baby's, can be voted for or against.

Also, this is something that has to do with a woman's body. I really don't think men should even try to have a say in the legalization or prohibition of abortion until they can get pregnant themselves. Similarly, if there were going to be a law passed saying that all men older than 50 years old had to get a vasectomy, I would count women out of that vote as well.

Let me conclude with my own disclaimer: I am not saying abortion is right, and I am not condoning its use. I am simply saying that a woman's body and what she does to it is not a political debate but is a moral issue she is entitled to consider privately.

It really is common sense: Do you want the decisions about your body to go on a nation-wide ballot?

The views expressed here do not directly reflect the views of The Easterner. The writer can be contacted at easterner. news@gmail.com.

#### New policy gives an electronic reminder of infractions to reduce late fee payments

#### **BY DOUG AULT** staff writer

Weather is no longer an excuse for unpaid parking tickets.

On March 8, Parking Services enacted a new policy which dictates that every ticket issued as a result of a parking violation be coupled with a notification email to the car's registered owner. Email addresses are listed on the registration cards that each student fills out to obtain a permit. If the student doesn't have a permit, Parking Services looks up the email in the Banner system. Officials hope this electronic alert to the car owner can cut down on students failing to respond to citations on time, therefore avoiding excessive late fees.

"Our idea behind it was that sometimes we get reports from people that they didn't get a ticket. Maybe the wind blew it off or they drove down the street and that did it," Director of Campus Services Greg Demspey said.

Since the email notification goes directly to the registered owner of the vehicle, it also prevents against the primary driver not knowing about their vehicle being cited if they lend the car out. Whether wind, rain or oversight lead to loss of the hard copy of the ticket, the new email system ensures that drivers are not in the dark about parking infractions.

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The majority of citations given on campus range from \$10 to \$20, depending on the offense. If the ticket is still unpaid 14 days after it was issued, an additional \$10 late fee applies. With the email system notifying drivers of the citation within days after it was given, the hope is that accidental negligence of the parking payments can be reduced.

"We thought it would be a good idea to email [drivers] as a courtesy, notifying them that they received an infraction," said Dempsey. "We don't want them to have to pay any more than the price of the ticket."

Only active for the past month, the email alert seems to be fulfilling its purpose as least one student has noticed the change.

"I'm really bad at keeping track of things, so I don't always get stuff in on time," said junior Marshall Jones. "I got the email, and I was really glad because it was a good reminder to get that taken care of."

The email notifications will continue as official policy for Parking Services during all future quarters. Electronic copies of infractions serve as a reminder for students, and time will tell if it can lead to a reduction of late fees.

"Whether it will or not is yet to be seen. We would hope people would see [the email] and not let the ticket go late," said Dempsey. "That would be good."

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# Eastern hosts engineering conference

BY RYAN BURKEY columnist

It took months of planning, but the American Society of Mechanical Engineer's Student Professional Development Conference held at Eastern went off without a hitch.

The conference, which took place Friday and Saturday, brought together students from all over the Society's North American Pacific Division, which encompasses much of the western U.S. and part of Canada.

Engineering students took part in the national H2Go challenge, which required participants to power a vehicle using water; the RC Baja competition; and a remote-controlled car event unique to the Northern Pacific Division.

Hosting the conference was a big deal for Eastern because of its smaller size and because its mechanical engineering program is in its first year. Event organizers say EWU rose to the occasion.

"From my perspective, I think it went really, really well," said Bill Persons, a student who chaired the Student Professional Development Conference planning committee and was recently elected district chair. "We really stepped up the game and really did Eastern very proud," he said of the conference.

Eastern's engineering students did well at the conference. EWU students took first place in the RC Baja event and third place overall in the H2Go competition. A "traveling trophy," as Persons described it, will now reside at Eastern

until next year's competition. Students from the winning RC Baja team also received a prize of \$200, money they say they'll put toward next vear's contest.

Eastern's H2Go participants spent three to four hours a week for three months on their project, and several test runs were held in preparation of the conference. But for team members Tomas Armenta, David Ediger, Brandt Porter and Joe Cluever, the best part of the weekend was not necessarily the competition, but the exchange of ideas

"Just getting together and seeing what everybody's ideas were, because all ideas were different," said Porter when asked what his favorite thing about the conference was. "It's fun to see that there are so many ways to do the same thing."

Members of the RC Baja team also put considerable time in, estimating at least 100 hours per person on the seven-member team, if not more. The competition had a lot of unknowns for the team, mainly because it was the first time racing for several of them, and because details about the race course are kept secret.

"They just told us what it could be like," said Steven Butterfield about the mystery Baja course.

In the end, their four-wheel-drive car handled the course well and led the team to a first place finish. Team members Bryan Woodbury, Joshua Seagrave, Brandon VanTassel, Sean Morden, CJ Grijalva, Steven Butterfield and Daryl Smith walked away with the traveling trophy and the \$200 prize, which is already in the bank account for next year's competition.



Casey Picha/Easterner Water-powered cars traversed one segment of the RC Baja Competition course.

The Baja team is understandably proud of their performance.

"For our first time competing, it was nice to win," Grijalva said.

Professor Jason Durfee, who helped organize the conference, was also pleased with how the conference went. He said that other faculty and advisers had nice things to say about how the event went.

"We received generous praise from members of our District Operating Board on how well it was planned and run," Durfee said.

The American Society of Mechanical Engineer 2011 International Mechanical Engineering Congress and Exposition will be held Nov. 11-17 in Denver, Colo. Videos and pictures of EWU's teams and projects will be available at http://www. ewu.edu/CSHE/Programs/Engineering.xml.

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.....Park benches



## Online tuition makes students reconsider

#### Students say cost of Internet education is not clearly shown

BY CHELSEA TWISS columnist

Online learning at Eastern may be convenient for some, but whether the benefits of an online education outweigh its costs seems to remain in question. An additional cost of \$202.10 per credit is charged to students enrolled in an online class.

When visiting Eastern's online learning website, a green globe pops up with the caption, "Cut down on gasoline and travel time when you study

ern's online learning website, saying that online courses are "self support courses" and not funded by the state, which accounts for the extra credit fee involved. Funding tech support, to keep the program running also accounts for a chunk of the additional cost.

For students who live in or near to Cheney, the commute to school may not be a motivator for taking online classes. For students who live in Spokane, however, to pay what would be a mere fraction of the gas money that can accu-

Eastern professor Kayleen Islam-Zwart commented on her experience with teaching online versus in the classroom and values the option that online learning provides students.

"Online learning provides an opportunity for students to access courses who otherwise might not get the chance," she said.

In addition, Islam-Zwart points out the advantages to online learning that Hall also found beneficial. "I have found that for my Psychology of Women course, students tend to be more open and feel they get more out of the class because there is a sense of safety and at the same time a greater connection with the other students because they can post and read responses at any time of the day," she said. According to Islam-Zwart, online learning may be a convenience not only to students who live far away from campus, but also for students whose lifestyles or learning styles cater to the online experience. Online learning serves as a solution to the problem of time constrains and the learning preferences specific to each student It essentially boils down to whether the costs of an online education outweigh its benefits when it comes to the personal preference regarding education. The availability of choice is the ultimate deciding factor for most students.



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online from home!"

While these may be true advantages to online learning, some students feel it doesn't justify the extra costs.

Psychology major Natasha Hall took Eastern's Women's Psychology course online last quarter and said that although it was nice to just "log on anytime," the cost of online tuition was a "big deal breaker" for her.

"If I would have known [about the price], I would have reconsidered," said Hall. "I do not see why it is so expensive."

It seems that students are not only confused by the cost associated with online learning, but also blindsided by it. Eastern's online learning site informs students that online learning is "self supported" but does not clearly specify the additional cost involved.

John Neace, senior director of the Department of Interdisciplinary Studies at Eastern, reiterated what is stated on East-

REED from front page

election for Washington State Governor, in which Dino Rossi originally won by a couple hundred votes. After a machine recount, and then a third hand recount, however, Christine Gregoire was named governor.

According to Reed, the short term benefits of a vote can be seen in funding for higher education since Washington State has many young politicians who accurately represent college age students.

Associated Students of EWU (ASEWU) Legislative Affairs Representative Jordan Johnston was responsible for planning and organizing Thursday's events.

Johnston said that a good way for students to become interested in the U.S. political system is to get a taste for it during Eastern's yearly student government elections.

Did you attend Sam Reed's speech?

mulate in transit to and from Cheney throughout the quarter is a great advantage to online learning.

Deidre Smith, Spokane resident and student at EWU, reports spending \$70 per week in gas for the commute to campus alone. When asked about her preferences for online learning, Smith believes it caters best to basic GECR courses, but despite the cost of commute, she prefers the in-class experience for major-specific courses.

Students who live close to campus can forgo the online option, but Hall felt she had no choice. She said that in order to fulfill her credit load as a full time student and receive financial aid while staying on track for graduation, there were not enough on campus classes offered to meet her needs.

Students may remain skeptical about the additional costs and question whether the extra fee is necessary.

> "[ASEWU elections] are kind of a microchasm of what a full statewide election would be like," said Johnston. "It's a great opportunity to get an introduction to democratic voting and the democratic process."

> Johnston recognized the importance of youth voting not only for student government, but also state and national government, saying that each entity is connected and communication will work its way through to the top.

> "Currently, the people who make decisions for us are all our parents' age or older. There's really no one our age who are making these decisions, and honestly we're going to have to live with the decisions being made now much longer than our parents," Johnston said.

> Reed and Johnston both emphasized that voting is an important habit to develop early. Practice can begin during general elections May 3. Voting for important state initiatives occur each November.

Tell us what you thought at *easterneronline.com*.



## **ASEWU PRIMARY ELECTION 2011**

Below are unofficial results obtained as of 11:35 p.m. Tuesday, April 19. Official results will be available at 1 p.m. on April 22.

PRESIDENTIAL **CANDIDATES** 



ALEX CARDY **Class Standing: Senior** Major: Government

Being the student body president of EWU is fighting for what students believe in. During my tenure in Olympia as a lobbyist for Eastern students, I learned the State's dismal view of higher education. It is imperative to protect Eastern from further cuts and tuition increases. My dream as president is to keep college affordable, protect this university and grow the community it represents.



**OSCAR OCANA Class Standing: Junior Major: Economics** 

I know that "almost" is not enough

### **EXECUTIVE VICE** PRESIDENT CANDIDATES



**CLEM BUSTAMANTE Class Standing: Senior** Major: Accounting

My drive, what I strive for, and duty as executive vice president, is to act as a student leader for the betterment of Eastern Washington students. I take pride in Eastern and what this university represents and will ensure progression towards reaching its full potential. My dream is to represent accurately first generation, international and nontraditional students to ensure their voice is heard. Students are the future. It is imperative to lay down the foundation for the next generation of Eagles.



**JASON BARBOUR Class Standing: Junior** Major: Urban and Regional Plan**POSITION 1: ACADEMIC AFFAIRS** 

ERIC PALOMINO (336 VOTES) **Class Standing: Junior** Major: Finance

Over the past three years, EWU and its community has given me so much for which I'm extremely grateful for. As a first generation student and an individual that is greatly driven by academics, I have witnessed and experienced issues that have taken a great toll on not only me but also many students. Given the opportunity to collaborate with highly motivated individuals like myself can lead us to identify the issues, but most importantly taking action to make the necessary changes that we as students need to order to become successful.

#### POSITION 2: ATHLETIC AFFAIRS AND UNIVERSITY ADVANCEMENT

HAYDEN INDAHL (339 VOTES) **Class Standing: Junior** 

Major: Communications/Public Relations

My name is Hayden Indahl and I am running for athletic affairs. I am running for this position because I am passionate about sports and the students. I believe this would be a good opportunity to put my organizational skills to work to help benefit the student body.

#### POSITION 3: DIVERSITY OUTREACH CANDIDATES

**REGINA STEELE (237 VOTES) Class Standing: Junior** Major: Social Work

Diversity outreach is an important position in this university and for every student. It is essential that all students on campus be shown the same dignity and respect without bias when participating in campus activities. This position would allow me to experience the prejudice students at EWU are facing and finding a way to eliminate it. Diversity outreach representative should be an advocate and voice for the students: I can be that voice.

#### JASMINE BEACH (132 VOTES)

**Class Standing: Junior** Major: Children's Studies

Diversity is the fabric adorning our lives. We are all different. We each come from a unique background and bring our individual strengths and talents to EWU. As an elected official, I will promote diversity on our campus and community, exemplify unity, and represent the interests of a diverse student body. I will stride with my fellow students in the attainment of a campus free of predilection and painted in diversity. As the representative for diversity outreach, I will promote solidarity while celebrating difference.

#### **POSITION 4: GRADUATE AFFAIRS**

ANDREW LEWIN (328 VOTES) Class Standing: Graduate Major: Urban and Regional Planning I want there to be an equitable and efficient voice for all the graduate students at EWU.

#### **POSITION 5: LEGISLATIVE AFFAIRS**

**DOUGLAS ROGERS (160 VOTES) Class Standing: Junior** Major: Marketing

With a strong interest in government and leadership, it is my goal to represent the students of EWU to the best of my ability, to ensure that all current and future policies are representative of the wants of all students.

**KELLI CRAWFORD (219 VOTES) Class Standing: Senior** Major: Reading, Elementary

As a proud Eastern Eagle, I've worked side by side with both the former legislative affairs representative and the legislative liaison to speak with Washington state legislators in Olympia about the cuts facing your education. I'm now ready to take that passion to the next step and become your next legislative affairs representative.

**POSITION 6: STUDENT ACTIVITIES** 

when I am talking about your success. If elected as president of the Associated Student body of EWU, I will fight and work as hard as possible for your academic and personal success. This goal will be accomplished by working closely with student representatives, faculty, staff and administrators. I believe strongly that together as a community we can create opportunities for those who fight everyday to become successful. Together we can do and create something big for our community and Washington through education, tradition, diversity and unity in a safe environment.

#### ning

I'm involved on campus, although it's not easy. Only a small fraction of students are reached regarding issues such as expensive PUB remodel proposals, switching to semesters and enacting "big brother" smoking policies despite largely respectful behavior. Meeting minutes for our student government aren't even posted online. All students should have greater access to involvement. Let's make Eastern better together.

#### FINANCE VICE PRESIDENT CANDIDATES



KALEB HOFFER Class Standing: Sophmore Major: Finance

Don't "vote for me," vote for you. I'm Kaleb Hoffer, and I want to represent you. By "you," I don't mean the students of EWU, I mean you. If elected finance vice president, I will have an open communication policy. I want to personally hear from my peers individually and utilize my experience to address all issues. I believe my accounting skills, plus my current involvement with EWU committees, will allow me to be the finance vice president you deserve.



MENGSHU "SUE" ZOU **Class Standing: Junior** Major: Accounting

As an accounting student, I value the accuracy and transparency of financial statements. Running for the finance vice president position, I am to represent your interests. My experience of tutoring has furthered my ability to represent students' funding interests. It is my responsibility to carry out the hope of the student body.

LENA LEWIS (356 VOTES) **Class Standing: Senior** Major: Applied Developmental Psychology

As student activities representative, I plan to increase student and club awareness of funds available and the EWU club obligations to remain funded. Student activities are the heart of the university and provide diversified opportunities to the student body. Having been involved with various campus clubs and organizations, I want to provide every students the same opportunity.

#### POSITION 7: STUDENT HEALTH AND SAFETY SERVICES

JORDAN LEMMON (104 VOTES) **Class Standing: Sophomore** Major: Chemistry

Providing support to the students of Eastern Washington will be my highest priority as a member of ASEWU. I hope to encourage my fellow students to remain active in both academic and social events throughout the year and foster a sense of pride for the achievements of themselves, their peers and the student body as a whole. Eastern students continue to accomplish so much both in and out of the classroom and I feel it is my responsibility to assist them in whatever way I can so they are able to reach their goals.

BRANDON NYGARD (165 VOTES) **Class Standing: Sophomore** Major: Biology

My main objective is to represent Eastern students in promoting a healthy and safe university experience. This will be accomplished by addressing those current safety issues that pose the greatest danger. I will also aim to foresee potential safety concerns. My interests for the safety of students at Eastern extends beyond the boundaries of campus and throughout the community.

#### **POSITION 8: STUDENT SERVICES**

#### JUSTIN FILLA (352 VOTES)

**Class Standing: Junior** Major: Criminal Justice/Social Work

As a current Council member, I have become more aware of these concerns and I would like to

try to make some changes so that the student experience on campus is more enjoyable. Being involved with the PUB Remodel Committee and Student Union Board of Control this year, I have gained experience and have learned with students are concerned with. I plan to make students' voices heard.

#### **POSITION 9: TECHNOLOGY ADVANCEMENT**

SWEN BERGMAN (202 VOTES) **Class Standing: Junior** Major: Electrical Engineering

Have you ever had a class where technology malfunctioned and slowed the progress of learning? Soon we will be able to get input from students and improve issues in technology. Classes will run smoother and we will all be able to appreciate the technology at Eastern. As a new representative, the constitution will be followed and advances will go about smoothly. I am majoring in electrical engineering and minoring in business. With strong goals, it will be simple for me to be professional. I will be around campus and hope to create a positive technological atmosphere next year.

**STEVEN CASTEEL (160 VOTES) Class Standing: Sophomore** Major: Visual Communication Design

My name is Steven. I'm never gonna give you up, let you down, run around and desert you. I like to ponder whether this is real life, and how many fingers I have. On Fridays, I inevitably state the obvious that tomorrow is Saturday and Sunday comes afterwards. As the technology advancement Council representative, I will especially guide the flow of your technology fee where it matters most to you. Imagine if we had over 9,000 laptops to check out! All kidding aside, I get along with just about everyone and am familiar with nearly every facet of technology.

## **LETTERS TO THE EDITOR**

OPINION

#### **Response to 'Humpday Quickie'**

I feel like Dylan Coil's article "False Advertising Leads to Power Based Relationships," and many others, is trying to oversimplify rape, in that the victim is always doing something wrong in order to warrant an attack in a sense. Coil conveys this in the article with these two sentences: "These women may be playing hard to get, or whatever mind game they think works on men, but pretending to not be interested in sex and then give it up regardless teaches men dysfunctional behaviors. Ultimately, acting this way conditions men to believe that no doesn't

actually mean no. When a man is justified in his decision not to accept no as an answer, he feels a sense of power, which will encourage him to keep pursuing a woman even after he hears the word no."

Rape isn't about some overwhelming lust where the perpetrator(s) can't help themselves, but rather a means of controlling someone. In two sentences, Coil continues to perpetuate the former argument. This is no better than the prevailing notion that dictates how a woman dresses or speaks is a determining factor, or the attitude with date rape victims should have

#### **Campus parking needs improvement**

As students, staff and faculty members know, parking on the EWU campus is problematic. As a result, the EWU community is experiencing excessive parking tickets, road rage and diminished academic performance. Due to lack of parking spaces, inconsiderate drivers and lack of awareness of public transportation and car pooling, this problem is increasing. By raising awareness and uniting as a whole, we can take actions that will benefit everyone. We can "Start Something Big" by raising awareness and using resources that we already have, such as car pooling, riding the bus and commuting by bike.

Although creating more parking spaces may seem like a viable solution, it is short-sighted and flawed. Raising awareness and providing consistent encouragement to influence our community to need less and use the resources already in place will clearly benefit everyone well into the future and could ultimately relieve our ongoing problem of parking on campus.

#### John Abramson, Alyssa Christoff, Justice Van Tyler, Courtney Nolan

#### Captain Eastern cleans up

For three days, the same slice of old PUB pizza sits on a bench inside of Louis Anderson Hall. The person who left it did not throw it away, so is it my responsibility to throw it away? This is the problem that the campus faces.

Litter is a campus-wide problem inside the classroom and out. Not only is this a bad image for Eastern, but it harms our and the Eastern community.

So how can we change this bad habit? There are several solutions

The first step is personal initiative. We should all be held accountable as citizens and prideful students of our campus to throw away or recycle any trash that we generate. Professors need to reinforce the importance of keeping classrooms clean when they see litter.

Eastern needs to include an awareness program that would offer signs and community service to bring attention to the ongoing problem. While not every Eagle may see the importance of having a clean campus, the benefits would be significant: improved morale and a better sense of community for current and future staff and students at Eastern Washington University.

#### been more careful in watching their drinks or shouldn't have gotten high, whatever the case may have been.

If people are curious why rape and molestation victims do not come forward, it is all these elements of shame. The victim of sexual assault is ashamed that they have put themselves in a situation where they were attacked, when the onus of responsibility lies on the person or people who attacked them.

#### **Caroline Hunton**

#### Cuts are not justified

In recent months, \$25 million of student funding has been cut in Washington state. Among the five state universities, Eastern has the lowest tuition and yet are still having a difficult time picking up the tab. In addition, rumor has it that on April 26, there will be another budget cut affecting student funding. All of this talk about state funding being cut translates into more debt for students and a much lower enrollment rate. Simply put, a lower enrollment rate leads to a greater percentage of the population that is less educated. So education really is the solution.

Therefore, as students, it is our job to learn more to be aware of the state budget for higher education. The state budget directly effects loans, grants and scholarships. Students need to become more proactive in educating themselves on budget issues. They need to make themselves heard by writing letters, sending emails, staying informed in the news, being involved in rallies and attending lectures offered on campus.

Staying informed and acting before it becomes an issue will allow us as students to be heard. If our school was to make a "laundry list" of budget efforts, it would be a frightening glimpse into today's real issues, but honestly, that is what it is going to take to make students act.

#### Nichole Webber, Anna Stokes, Jacob Zier, McKenna Wellelman, Christopher Whitehead

#### **Textbook prices out of control**

Students at EWU are no strangers to high textbook prices. We often pay in excess of \$100 per book for each class only to be insulted with a \$5 buyback value on each book at quarter's end.

In the recent Easterner article, "War of the Bookstores," senior reporter Dylan Coil reports that the bookstore only makes 1 to 2 percent profit on book sales. This seems misleading considering that the bookstore is able to resell that book umpteen times. Used books, for which the bookstore pays students only a few dollars and are resold at staggering prices, raking in profits for the bookstore. Their admissions that they donate \$600,000 to the school each year only make their stated profit margins all the more suspicious. Isn't this simply another method of funneling more money from the students into the school's coffers? The bookstore should discontinue this donation and instead simply pass the savings on to the students by charging less for books in the first place (practically used books). With all the recent tuition hikes and fee increases, aren't we paying enough already?

## **Mr. Know-It-All**

#### Dear Mr. Know-It-All,

I'm having an issue with my roommate who refuses to clean — whether it be the kitchen, bathroom or even her cat's litterbox. What can I do to compel my roommate to be more considerate?

-Catshit Insane

#### Dear Insane,

Roommates can be an unbearable burden at times, but they're critical to keeping rent costs reasonable. That said, if they insist on torturing you, there are few options you have.

Assuming you've taken the first step of bringing this issue to your roommate's attention, because you're really wasting my time if you haven't done this yet, I have a few suggestions.

Grin and bear it. The money is nice, right? Can't live where you live without it? Guess you're going to have to suck it up and deal with it.

Play matchmaker. Most roommate relationships end with one roomie finding someone to fall in love (or lust) with, which then leads to cohabitation. So become actively interested in your roommate's love life. His or her success is your success, but be sure the new interest doesn't try to move in with you.

Hone your training skills. The worst part is cleaning another animal's defecation, right? Time to train that cat to use the toilet. I don't even really have anything to add to this. The awesome image of a toilet-trained cat makes its own argument.

Lazy revenge. Dirty dishes go in your roommate's bed. The cat's litterbox? Also your roommate's bed. It's not really creative, but it helps knock up the conflict to the final level, which has three options: your roomie adjusts his or her behavior, moves out because you're "a fucking asshole" or thinks that this is an invitation to return the favor and trashes your room. If the roommate chooses the third option, then the only response is ...

Murder. This is always a last resort and should be used only if you're willing to do the time associated with the crime. But you're already adept at cleaning up messes — if you do well enough, you may not have to do any time at all! Just make sure you don't bury the body underneath the floor — the ensuing cacophony is far more annoying than any roommate.

### through the **EDITORIAL**

With the latest ruling by the Associated Students of EWU's (ASEWU) regarding the electoral candidacy of Kadija Sesay, several questions are called to the forefront.

The ASEWU Superior Court and Council were correct in their verdicts that removed Sesay from the ballot; however, the subject of endorsements still draws many questions.

An endorsement by an elected official is the formal approval of a candidate. As such, it recognizes that the individual supports a candidate and that the elected official will take a vested interest in the candidate's campaign.

Under the current system, any ASEWU Council member may endorse a candidate running for office. In an attempt to maintain a nonpartisan stance on issues, Superior Court justices are not allowed to endorse candidates. This system, while appearing just and balanced, is hardly the case.

The ASEWU Council is one body that can accept appeals, as evidenced by last week's events, and can potentially play a role in deciding a candidate's fate. Allowing its members to endorse other candidates, while being part of the appeals process, is an enormous conflict of interest. Current council members have already endorsed many of the candidates that ran in Tuesday's primary election. By already having endorsed a candidate in the election, how can council members make a clear and nonpartisan decision? Regarding endorsements, two things must happen. The definition of an endorsement must first be defined and clarified for the benefit of the student government and the students. Thus, any potential problems will have a clear and definitive route to a solution. Next, the endorsement system must also be reformed. Instead of allowing only one body of the student government to endorse candidates, it must be all or none. A blanket rule prohibiting the endorsement of electoral candidates would end any public scrutiny of a council member's ideology should an appeal be necessary. If Eastern's student government has rules in place to prevent a headstart on campaigning, then it must also limit itself from any partisan judgements on those who use the appeals process. The ASEWU seeks to involve students in the university. But in this one instance, not being involved stands to benefit the students most.

Like Captain Planet, we all need to put our hands in together to do part to make Eastern a better place.

Adam Kuntz, Darielle Beaumonte, Mellissa Brien, Kayleigh Durning

Cameron Sargent, Tyree Clowe, Rishi Saez, Shantel Ableman

# Bullying not a big deal, stereotyping neccessary

#### BY WOO S. KIM contributing writer

It is a typical Sunday afternoon, and I am reading a friend's Facebook post about the disdain my friend has about bullying and stereotyping and how it should stop. I was going to repost his remark to my Facebook, but then I thought about it more in depth. Isn't bullying and stereotyping just part of human nature?

Before I go any further, please don't misunderstand me. I am not endorsing stereotypes or bullying of any kind and if it ever gets to a point of physical or emotional torment, it should stop immediately. However, over the last few months, I have seen on the Internet and on several television networks promoting campaigns such as "Eliminate Hate" to stop bullying and harassment. I find this completely naïve

I feel this way because bullying and stereotyping are both part of human nature, and that is probably never going to change. Think about when one sees an ob-

viously physically attractive woman who looks like she should be on the cover of Maxim magazine. Chances are that nine out of 10 people are going to assume she's either extremely self centered and vain or she isn't that intelligent. Almost no one would assume that she speaks five different languages fluently, writes and develops for Android smart-phones and rides and owns horses

People jump to conclusions because the human mind relates to things by associating new occurrences with past experiences. In the case of people, if one sees a pattern or certain traits in a group of people, the human mind makes assumptions. Whether these are correct or valid is almost irrelevant.

We all have been there. Think back to a time when you met someone new. Within the first minute of meeting them, did you make some type of assumption that could be construed into a minor stereotype? I'd be very surprised to hear one person say they have never stereotyped anyone in their lifetime.

Bullying exist to make people feel superior to other people, whether that be through intelligence, wealth, physical attractiveness or physical ability.

These things are not good, but I have read many autobiographies and interviews on singers, inventors, actors and athletes. The one thing that is constant throughout most of these famous people's lives is how much bullying and stereotyping they had to overcome to get where they are now.

Looking at popular culture, many of the things that young people and adults connected to specifically from the '80s and '90s, like John Hughes' film "The Breakfast Club" and Joss Whedon's television series "Buffy the Vampire Slayer," were about people who fit in stereotypical roles or who were bullied and how these people rose above that to be something more.

This is what should be taught and shown in media. Not to stop bullying and stereotyping, since those have existed since the beginning of time, but to teach people that you can rise above stereotypes and bullying to be something more.

SEE YOUR NAME IN PRINT. COME TO OUR WEEKLY WRITERS MEETINGS **MONDAYS AT 3:30** ISLE HALL, ROOM 102

#### MASTHEAD

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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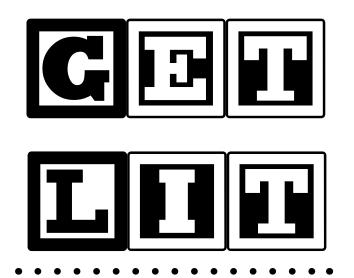
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- Letters should be 300 words or less, and typed or hand-written legibly. - Include your full name, signature, telephone number and e-mail address for verification. - We reserve the right not to publish letters; furthermore, all letters are subject 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.



## EAGLE LIFE

#### culture on campus



EWU celebrates 13th annual literacy festival, featuring more than 50 events for the Spokane-Cheney community



Mike Dragon reads "Pinch Me" in Annie's bookstore in Spokane.

Kayla McAllister/Easterner

## **Inland Northwest Writers Guild takes a** critical look at writers resources

#### BY KRISTIE HSIN staff writer

ponsored by Eastern's College of Arts, Letters and Education, Get Lit Programs celebrated their 13th annual festival last week.

Beginning April 13, the weeklong event took place in Spokane and Cheney with more than 50 events and appearances from multiple authors including Tim O'Brien, Michael Harmon, Sam Kean and Matthew Dickman.

On Wednesday at Auntie's Bookstore in Spokane, the Inland Northwest Writers Guild organized a comprehensive look into a writer's resources and the challenging decisions of finding exactly what sorts of tools writers need.

"I felt like it was a good turn out, and I was impressed with it," said Marina Hussaker, lead bookstore seller and an Eastern senior. "More people came than to the usual [monthly] meetings."

Heather Gold, a long time come-

"I like this; it's really interactive," Usamah Ec-Bakkush, an audience member, said during the slam.

On Friday, Perfecting Perspective took place in Hargreaves Hall with four guest speakers including Julie Otsuku, Sena Jeter Naslund, Nancy Rawles and moderator Beth Torgerson

"This was one of the best Get Lit panels we have had on campus at Eastern," said Danielle Ward, Get Lit Program Coordinator. "All three of the authors were engaging and funny and forthcoming with their stories. The audience asked great questions, and the conversation that came out of it on writing and the writing process was great. The feedback we got was all positive from the audience perspective and the panelists' point of view."

Despite the positive feedback, Ward wishes that more students, faculty and community members would have attended the panels.

Saturday's workshop, Sneaking Past the Dragons with Ruth McLauglin, held at the Riverpoint campus, helped audience members start writing their life stories using tricks and topics they can explore for their memoirs. The University Bookstore along with the Pride Center, The Lincoln Center, Northwest Inland Writing Project, Gonzaga University, Community Colleges of Spokane and The Pacific Northwest Inlander sponsored Get Lit. "The Get Lit Festival seeks above all to foster a love of reading and writing, and to celebrate the world of literature among all people in our community. We hope that each year more will join with us to embrace the power and magic of words," Ward said. Many Get Lit events educated and embraced others through the mind and heart, capturing audience members by telling the quintessential American story through a entertaining combination of media such as radio, music, film and theater production. "When students are offered extra credit for attendance, it really affects the attendance numbers. I hope we can encourage more of that at Eastern in the coming years for the on campus events as well as the festival events as a whole," Ward said.

## Poetry slam event at Kress Gallery features poets in the local community

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This year's Get Lit poetry slams, were held Thursday at Kress Gallery, and attracted poets and poetry fans of all ages.

The Teen Poetry Slam featured 14 poets and one team, aged 13-18, competing for the chance to open for Ani DiFranco at the Bing Crosby Theater the next day. Five judges scored each poet on a scale of zero to 10.

Harley Bates had the crowd snapping their approval with her poem "Redheads," in which she talked about how fiery redheads are, ending with the line "Redheads ... are ... so ... hot." Kylee Hickethier then recited a poem about zombies. The crowd laughed as Hickethier questioned why zombies only eat brains and walk so slowly in movies. "I wrote this poem yesterday, and when I read it this morning, it sounded like a comedy skit," Hickethier said. In between poets, emcee Mark Anderson reminded the audience to boo if they did not agree with the judges' scoring and to cheer if they did, though he also reminded the crowd that poetry slams were about the poetry, not scores. The top seven poets then competed in the second round. Bates won first place, and Wraith Snow and Tyler Schuh, who won second and third place, respectively, received an Auntie's Bookstore gift card and Get Lit merchandise. This year's festival featured many headliners including writer Sam Kean, who read from his book "The Disappearing Spoon: And Other True Tales of Madness, Love and the History of the World from the Periodic Table of Elements," at the Bing Crosby Theater on Thursday.

In his hour-long talk, Kean told the nearly sold out crowd stories behind some of the elements on the Periodic Table. Aluminum, for instance, was one of the most precious metals on Earth in the 1800s, according to Kean.

"Aluminum kind of had the classic American story," said Kean. "It had an obscure beginning. There was rising action when it was selling for \$15-20 an ounce, then there was a twist of fate and the downfall of aluminum when it was sold for 25 cents a pound."

Kean later took questions from the audience, including one about why he chose to give each element a personality.

"I call Carbon promiscuous at one point," answered Kean, laughing. "I think the characterization helps people understand how elements work."

Several writing workshops and panel discussions closed the Get Lit Festival. The morning workshops included topics like looking through your family history for story ideas;





### Myths about water: How to keep your body hydrated

Drawing upon three decades of cutting-edge research, "The Water Secret," a breakthrough book by Dr. Howard Murad, clinical professor of medicine at UCLA, is smashing our perceptions of healthy H2O intake and enlightening readers everywhere that the key to a healthier and slimmer you can be found by hydrating the proper way with the consumption of water-based foods.

The following are a few common myths about the ohso ubiquitous H2O and how to boost your healthy water intake for a slimmer, healthier and more youthful you.

#### Myth 1: Frequent exercise causes dehydration

To stay properly hydrated, it's important that you not only drink water but that you hydrate in a way that fully infuses your cells with the nutrients. People who maintain regular exercise, even if minimal, are actually more hydrated than sedentary people-because muscle holds more water than fat.

To prevent dehydration before a workout, consume water-based foods such as fruits and vegetables

#### Myth 2: 8 daily glasses

Though drinking water every day is a good rule of thumb, taking in too much or in an improper manner can lead to wasted water. Drinking too much water also leads to frequent bathroom breaks and symptoms such as bloating, puffy eyes and swollen ankles. Replenish your body the right way by consuming water-based foods, which are ideal transporters of water to your body's cells. Thanks to the website http://nutritiondata.self.com, you can look at their vast database of foods that are high in water content to choose a meal best suited for your tastes. Watermelon, for example, contains 141 grams of water, but not all foods rich in water content are merely fruits and vegetables. Carbohydrates such as whole wheat and proteins like chicken are also high in water content. To obtain recipes utilizing a myriad of water-based foods visit http://www.thewatersecretbook.com

dian and public speaker, gave Eastern a meet and greet Thursday at the Pride Center. Gold shared her experiences of coming out and growing up through her use of innovative communication style of words and charismatic attitude.

Following her appearance at Eastern, Gold performed her famous stand up piece "Cookie" for a room full of intrigued audiences at the Kress Gallery in Spokane.

Her stand up performance chronicled her years of coming out, college life and relationships, while baking chocolate chip cookies, "which begins with butter, the lube of baking," Gold said.

Throughout her performance, Gold connected complicated recipes with sexuality and self-identity.

Shortly after, the College Poetry Slam took over Kress Gallery. Mark Anderson, emceed of the event, introduced and supported each performer.

Poets let their words be known as they exposed hearts and spirits through their soulful poetry. Five judges assessed the poets by holding up scores ranging from zero to 10, 10 being the highest, the audience booed when they disagreed with the scores.

introducing zines, or small circulation publications, as an alternative means of publishing writing; and learning quick and easy editing tips.

The afternoon workshops included topics like developing your blogging style, exploring the role of voice in memoir writing, and learning how to write and teach dynamic nonfiction. Panel discussions featured topics like nature writing, freelance journalism and traditional Salishan stories of the Inland Northwest.

The final day of the festival put community members in the spotlight with a community reading that gave writers of all ages the chance to read a piece of their own. The Pacific Northwest Inlander's 101-Word Fiction Showdown featured eight of the area's best micro-fiction writers composing stories related to the festivals' theme.

The next annual Get Lit Festival will be held April 11-15, 2012, with the theme "Capture the World." For those interested in obtaining more information on the Get Lit! festival and other literary events in the local area, visit their official website at http://www.ewu.edu/getlit.

## Second annual Lavender Graduation celebrates P.R.I.D.E.

Lesbian, gay, bisexual transgender and questioning community academia to be recognized in ceremony

#### BY BRITTANY WAXMAN

eagle life editor

Eastern is rounding off a streak of campus activities Thursday with their second annual Lavender Graduation ceremony held in Showalter Rotunda at 6 p.m.

Last year's Lavender Graduation ceremony was well received by faculty and students, which in turn motivated the Pride Center to once again sponsor the special ceremony as a celebration of Lesbian, gay, bisexual, transgender and questioning [LGBTQ] culture and the many academic achievements and honors of graduating LGBTQ students.

"[The ceremony] came about through a collaboration of people from Eastern, Spokane Falls, Spokane Community College, Gonzaga and Whitworth. [They] decided that Spokane was so small that it didn't make Eastern chose to host the graduation ceremony," Sandy Williams, Pride Center Coordinator, said.

The annual Lavender Graduation ceremony is a commemoration of the LGBTQ community on campus and is highly regarded by many LGBTQ students. "The ceremony was important for our students and

the students who participated. Our students requested that we do it again," said Williams. "After the event, I received a lot of positive feedback from students and staff. Last year, we had a student keynote speaker as well. She was very emotional and said that she never imagined EWU would have an event like that. It was a culmination of her dream of being recognized by others as who she really was. It was very powerful for the LGBTQ community."

This year's keynote speaker is nationally recognized journalist Sara Toce, Editor-in-chief of the Seattle Les-

sense for the various schools to host individual events. bian, an online news source for the Washington lesbian community.

> "She is really excited to speak [at the ceremony,] she is interested in giving back to the LGBT community," said Williams. "I am interested in finding people who are successful, good role models and are positively active in the LGBTQ community."

> A new addition to this year's Lavender ceremony will be the widening of students in attendance. This year the event will be open for high school participants.

"Last year, only college students participated in the event, but this year it will include high schools students as well. The [high school] students are excited to connect to college campuses and are realizing that they can go to college too," Williams said.

For those interested in more information about the Lavender Graduation, contact the EWU Pride Center at 509-359-7870 or email pride@ewu.edu.

#### Myth 3: All fat is the same

Our muscles not only hold more water then fat, but are also linked to our body's metabolism. Unhealthy fat, or visceral fat, promotes the release of chemicals that negatively affect our metabolism and generate hormones in the body that encourage weight gain.

Without proper water levels in the body, water is drawn from the muscles to bring the body to a healthy balance.

To maintain a healthy and hydrated balance, consume complex carbohydrates think turkey sandwich on whole wheat with avocado as well as other water-based foods to keep your energy balanced and support your muscles.

The views expressed here do not directly reflect the views of The Easterner. The writer can be contacted at easterner. eaglelife@gmail.com.







A family member enjoys playing laser tag with his two kids.

Doug Ault/Easterner

## Annual family weekend draws Eagles together

Parents and family members congregate on campus for three fun-filled days of games and camaraderie

#### BY DOUG AULT staff writer

Brothers, sisters, moms and dads flooded into Cheney on Friday for EWU's annual family weekend.

The weekend event hosted a slew of fun activities for family members of all ages to enjoy. The weekend kicked off Friday night in Showalter Hall with a special showing of Eastern's football documentary "Road to the Championship," hosted by the film's creator Davin Perry

Family weekend got an early start Saturday morning with Family Fitness BodyJam, starting at 8 a.m., for those wanting to squeeze a workout into the mix. The PHASE filled up with families getting a jump-start on the day by participating in the unconventional cardio exercise.

'It was a great way to start the day. I've never done a workout like that before," Bonnie Parks, mother of EWU freshman Amanda Parks, said.

The PHASE continued to be a hotbed of family activities as the dance studios hosted laser tag games throughout the day. Starting every 20 minutes, the frequent games allowed a steady flow of visitors to engage in pseudo-combat within the dance studios. Players partic-



Club Vegas allowed participants to purchase raffle tickets with game money won in the many casino games offered.

ipating in the 3-on-3-basketball tourna-

ment joined in the fun, battling families

Dennis Besunetz after a bout with his

family against the basketball team Balls

the URC allowed students and parents

the opportunity to see what the univer-

Out. "My dad could barely keep up."

'Those kids are fast," said student

The clubs and organizations fair in

in the light beam warfare.

the Christian Fellowship, club sports teams and many other Eastern organizations represented, families were provided with a broad cross section of the campus community.

Doug Ault/Easterner

The clubs and organizations featured an exhibition by the Archery club, with members on hand to assist interested passers-by.

The club constructed a large swordelding knight out of multiple cardboard boxes to serve as a target for beginning archers.

Saturday evening saw a large turnout to Club Vegas, the annual funnymoney casino. Visitors played blackjack, roulette and craps while trying to acquire fake money with which they could purchase raffle tickets for the recurrent drawings. Prizes from the raffles included football tickets, passes to Silverwood, and gift cards to the University Bookstore and the Melting Pot.

"I wish I was this good at gambling with real money," said Robert Mitchell, father to sophomore James Mitchell.

The weekend activities culminated after Club Vegas with comedy hypnotist Brian R. Weed performing in the PUB MPR. The crowd erupted in laughter as the hypnotized participants took part in an imaginary dance party and scrambled to recover make-believe hundred dollar bills.

"It was hilarious when they thought [Weed] was invisible," said audience member Samantha Fowler. "They freaked out when he made [a] doll dance around them."

Family Weekend offered a variety of activities for students and parents to enjoy. For those who took advantage, laser tag, hypnotism and funny money gambling produced an atypical college visit.



Pick up lines: an ice breaker or deal breaker?

BY CHELSEA TWISS columnist

If we were to do a study on the effectiveness of pick up lines in securing a one night stand or a phone number, what would the results look like? The "Anchorman" quote regarding the Sex Panther cologne comes to mind: "60 percent of the time it works, every time."

I can't help but feel this is the same warped logic that motivates people to resort to pick up lines when approaching someone of interest for the first time. In my experience, the use of a pick up line typically serves not as an ice breaker, but as a deal breaker. I also realize, however, that there must be a reason for the existence of pick up lines in the first place — it has to work sometimes, right?

I can see the appeal of having an arsenal of flattery and semi-witty things ready when intimidated by the prospect of talking to a beautiful woman. On the other hand, it seems that having such a line already available at the tip of the tongue robs the encounter of any genuine, original interaction. I also realize that the motives for using such lines typically run no deeper than surface level, so I suppose if it ain't broke ...

I have to admit, pick up lines do constitute a sort of art all on their own. There are many forms and varieties of pick up techniques that become cleverer and subtler all the time.

Everything in the book has been tried. This includes being openly rude, overtly blunt or James Bond suave. There is, however, one method in particular that I have witnessed Eastern students using. This method, which apparently possesses a considerable success rate in certain circles, is the compliment sandwich. I want to begin by apologizing to all fraternity guys whose secrets I'm leaking, but don't worry, your target audience probably doesn't read the paper anyway. The compliment sandwich involves using flattery and observation to break the ice with someone and make a good first impression. By complementing how the color of a woman's shirt brings out the color of her eyes, for example, the ice is broken and the complimenter opens the door to other more suggestive observations about appearance. While this kind of approach may be appalling to some, it's a welcome gesture to others. Personally, such an observation would make me question my suitor's sexual orientation, but this technique does seem to be successful in making some women weak in the knees. Nonetheless, to you pick up liners out there, I have to give you this: What you may lack in originality, you make up for in courage.

## Marijuana vs. alcohol: Which is the substance of lesser evil?

#### BY CHELSEA TWISS columnist

Which is the lesser evil: marijuana or alcohol? This question is the source of heated debate as controversial as that of pro-life versus pro-choice, Democrats versus Republicans, and Catholics versus everyone else.

Both of these substances clearly have their drawbacks when it comes to impairing cognition. Blurred judgment, addiction and skewed priorities are all major liabilities when dealing with either.

It is interesting, however, that alcohol is considered tolerable within certain limits whereas marijuana is, as of yet, intolerable, at least from a legal standpoint.

One common theory for marijuana's illegality in the U.S. is our capitalistic industry's hidden agenda, but if you compare the effects of this substance to another, like alcohol, which is prevalent in our society, then how do they measure up from a biological standpoint?

The website *http://www*. saferchoice.org tries to stress the advantages of using marijuana instead of alcohol. According to this site, substances like marijuana and caffeine have the least vice when compared to others like nicotine and alcohol. On a comparative chart, these substances are weighted based on characteristics such as dependence, withdrawal, tolerance and intoxication. The chart demonstrates the negative effects of alcohol are more than

double those of marijuana in every category.

This site also makes the claim that long-term marijuana use is statistically much less damaging than long-term alcohol use.

One sweeping comparison regarding these two substances is the U.S. Centers for Disease Control's reports on alcohol-induced and marijuana-induced deaths reported in the year 2003. Alcohol tallied 20,687 deaths while marijuana totaled zero. It could be argued that these statistics are skewed due to the sheer availability of alcohol as compared to that of marijuana, but the extreme deviation of these numbers is still staggering.

In an article titled "Alcohol Versus Marijuana on the Brain,"

Ph.D. Gary Wenk, a professor illegal? I recall walking the of psychology and neuroscience at Ohio State University, claims that it is difficult to compare these two substances due to the simple fact that they have such diverse effects on the brain and its capability to function.

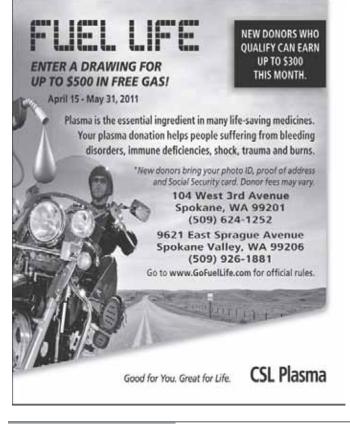
Wenk claims that such an argument would involve "comparing apples to oranges," so to speak. According to Wenk, the severity of cognitive compromise in an individual using these substances boils down to aspects as finite as genetic makeup. Essentially, an individual's experiences with these substances and the consequent severity are subjective.

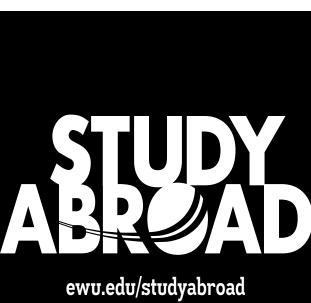
I can't help but wonder, why is it then that alcohol is legal and available to us in the U.S. while marijuana remains streets of Amsterdam during my year as an exchange student in Germany and smelling the distinct aroma of weed in the air. The concept of having marijuana so openly accepted and blatantly used in public was the most foreign experience about being in another country.

It seems that when it comes to using any substance, whether it is enjoying a glass of wine, a cup of coffee or a joint, moderation is ultimately important. It is easy to get caught up in the matter of legality when it comes to the touchy subject of marijuana use, but being educated about the potential biological consequences for all kinds of substances serves, in my opinion, as the best form of judgment.



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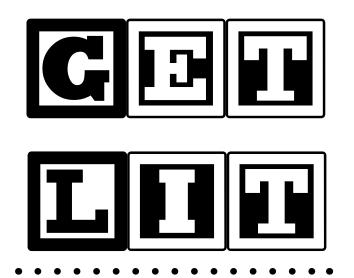
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Her stand up performance chronicled her years of coming out, college life and relationships, while baking chocolate chip cookies, "which begins with butter, the lube of baking," Gold said.

Throughout her performance, Gold connected complicated recipes with sexuality and self-identity.

Shortly after, the College Poetry Slam took over Kress Gallery. Mark Anderson, emceed of the event, introduced and supported each performer.

Poets let their words be known as they exposed hearts and spirits through their soulful poetry. Five judges assessed the poets by holding up scores ranging from zero to 10, 10 being the highest, the audience booed when they disagreed with the scores.

introducing zines, or small circulation publications, as an alternative means of publishing writing; and learning quick and easy editing tips.

The afternoon workshops included topics like developing your blogging style, exploring the role of voice in memoir writing, and learning how to write and teach dynamic nonfiction. Panel discussions featured topics like nature writing, freelance journalism and traditional Salishan stories of the Inland Northwest.

The final day of the festival put community members in the spotlight with a community reading that gave writers of all ages the chance to read a piece of their own. The Pacific Northwest Inlander's 101-Word Fiction Showdown featured eight of the area's best micro-fiction writers composing stories related to the festivals' theme.

The next annual Get Lit Festival will be held April 11-15, 2012, with the theme "Capture the World." For those interested in obtaining more information on the Get Lit! festival and other literary events in the local area, visit their official website at http://www.ewu.edu/getlit.

## Second annual Lavender Graduation celebrates P.R.I.D.E.

Lesbian, gay, bisexual transgender and questioning community academia to be recognized in ceremony

#### BY BRITTANY WAXMAN

eagle life editor

Eastern is rounding off a streak of campus activities Thursday with their second annual Lavender Graduation ceremony held in Showalter Rotunda at 6 p.m.

Last year's Lavender Graduation ceremony was well received by faculty and students, which in turn motivated the Pride Center to once again sponsor the special ceremony as a celebration of Lesbian, gay, bisexual, transgender and questioning [LGBTQ] culture and the many academic achievements and honors of graduating LGBTQ students.

"[The ceremony] came about through a collaboration of people from Eastern, Spokane Falls, Spokane Community College, Gonzaga and Whitworth. [They] decided that Spokane was so small that it didn't make Eastern chose to host the graduation ceremony," Sandy Williams, Pride Center Coordinator, said.

The annual Lavender Graduation ceremony is a commemoration of the LGBTQ community on campus and is highly regarded by many LGBTQ students. "The ceremony was important for our students and

the students who participated. Our students requested that we do it again," said Williams. "After the event, I received a lot of positive feedback from students and staff. Last year, we had a student keynote speaker as well. She was very emotional and said that she never imagined EWU would have an event like that. It was a culmination of her dream of being recognized by others as who she really was. It was very powerful for the LGBTQ community."

This year's keynote speaker is nationally recognized journalist Sara Toce, Editor-in-chief of the Seattle Les-

sense for the various schools to host individual events. bian, an online news source for the Washington lesbian community.

> "She is really excited to speak [at the ceremony,] she is interested in giving back to the LGBT community," said Williams. "I am interested in finding people who are successful, good role models and are positively active in the LGBTQ community."

> A new addition to this year's Lavender ceremony will be the widening of students in attendance. This year the event will be open for high school participants.

"Last year, only college students participated in the event, but this year it will include high schools students as well. The [high school] students are excited to connect to college campuses and are realizing that they can go to college too," Williams said.

For those interested in more information about the Lavender Graduation, contact the EWU Pride Center at 509-359-7870 or email pride@ewu.edu.

#### Myth 3: All fat is the same

Our muscles not only hold more water then fat, but are also linked to our body's metabolism. Unhealthy fat, or visceral fat, promotes the release of chemicals that negatively affect our metabolism and generate hormones in the body that encourage weight gain.

Without proper water levels in the body, water is drawn from the muscles to bring the body to a healthy balance.

To maintain a healthy and hydrated balance, consume complex carbohydrates think turkey sandwich on whole wheat with avocado as well as other water-based foods to keep your energy balanced and support your muscles.

The views expressed here do not directly reflect the views of The Easterner. The writer can be contacted at easterner. eaglelife@gmail.com.







A family member enjoys playing laser tag with his two kids.

Doug Ault/Easterner

## Annual family weekend draws Eagles together

Parents and family members congregate on campus for three fun-filled days of games and camaraderie

#### BY DOUG AULT staff writer

Brothers, sisters, moms and dads flooded into Cheney on Friday for EWU's annual family weekend.

The weekend event hosted a slew of fun activities for family members of all ages to enjoy. The weekend kicked off Friday night in Showalter Hall with a special showing of Eastern's football documentary "Road to the Championship," hosted by the film's creator Davin Perry

Family weekend got an early start Saturday morning with Family Fitness BodyJam, starting at 8 a.m., for those wanting to squeeze a workout into the mix. The PHASE filled up with families getting a jump-start on the day by participating in the unconventional cardio exercise.

'It was a great way to start the day. I've never done a workout like that before," Bonnie Parks, mother of EWU freshman Amanda Parks, said.

The PHASE continued to be a hotbed of family activities as the dance studios hosted laser tag games throughout the day. Starting every 20 minutes, the frequent games allowed a steady flow of visitors to engage in pseudo-combat within the dance studios. Players partic-



Club Vegas allowed participants to purchase raffle tickets with game money won in the many casino games offered.

ipating in the 3-on-3-basketball tourna-

ment joined in the fun, battling families

Dennis Besunetz after a bout with his

family against the basketball team Balls

the URC allowed students and parents

the opportunity to see what the univer-

Out. "My dad could barely keep up."

'Those kids are fast," said student

The clubs and organizations fair in

in the light beam warfare.

the Christian Fellowship, club sports teams and many other Eastern organizations represented, families were provided with a broad cross section of the campus community.

Doug Ault/Easterner

The clubs and organizations featured an exhibition by the Archery club, with members on hand to assist interested passers-by.

The club constructed a large swordelding knight out of multiple cardboard boxes to serve as a target for beginning archers.

Saturday evening saw a large turnout to Club Vegas, the annual funnymoney casino. Visitors played blackjack, roulette and craps while trying to acquire fake money with which they could purchase raffle tickets for the recurrent drawings. Prizes from the raffles included football tickets, passes to Silverwood, and gift cards to the University Bookstore and the Melting Pot.

"I wish I was this good at gambling with real money," said Robert Mitchell, father to sophomore James Mitchell.

The weekend activities culminated after Club Vegas with comedy hypnotist Brian R. Weed performing in the PUB MPR. The crowd erupted in laughter as the hypnotized participants took part in an imaginary dance party and scrambled to recover make-believe hundred dollar bills.

"It was hilarious when they thought [Weed] was invisible," said audience member Samantha Fowler. "They freaked out when he made [a] doll dance around them."

Family Weekend offered a variety of activities for students and parents to enjoy. For those who took advantage, laser tag, hypnotism and funny money gambling produced an atypical college visit.



Pick up lines: an ice breaker or deal breaker?

BY CHELSEA TWISS columnist

If we were to do a study on the effectiveness of pick up lines in securing a one night stand or a phone number, what would the results look like? The "Anchorman" quote regarding the Sex Panther cologne comes to mind: "60 percent of the time it works, every time."

I can't help but feel this is the same warped logic that motivates people to resort to pick up lines when approaching someone of interest for the first time. In my experience, the use of a pick up line typically serves not as an ice breaker, but as a deal breaker. I also realize, however, that there must be a reason for the existence of pick up lines in the first place — it has to work sometimes, right?

I can see the appeal of having an arsenal of flattery and semi-witty things ready when intimidated by the prospect of talking to a beautiful woman. On the other hand, it seems that having such a line already available at the tip of the tongue robs the encounter of any genuine, original interaction. I also realize that the motives for using such lines typically run no deeper than surface level, so I suppose if it ain't broke ...

I have to admit, pick up lines do constitute a sort of art all on their own. There are many forms and varieties of pick up techniques that become cleverer and subtler all the time.

Everything in the book has been tried. This includes being openly rude, overtly blunt or James Bond suave. There is, however, one method in particular that I have witnessed Eastern students using. This method, which apparently possesses a considerable success rate in certain circles, is the compliment sandwich. I want to begin by apologizing to all fraternity guys whose secrets I'm leaking, but don't worry, your target audience probably doesn't read the paper anyway. The compliment sandwich involves using flattery and observation to break the ice with someone and make a good first impression. By complementing how the color of a woman's shirt brings out the color of her eyes, for example, the ice is broken and the complimenter opens the door to other more suggestive observations about appearance. While this kind of approach may be appalling to some, it's a welcome gesture to others. Personally, such an observation would make me question my suitor's sexual orientation, but this technique does seem to be successful in making some women weak in the knees. Nonetheless, to you pick up liners out there, I have to give you this: What you may lack in originality, you make up for in courage.

## Marijuana vs. alcohol: Which is the substance of lesser evil?

#### BY CHELSEA TWISS columnist

Which is the lesser evil: marijuana or alcohol? This question is the source of heated debate as controversial as that of pro-life versus pro-choice, Democrats versus Republicans, and Catholics versus everyone else.

Both of these substances clearly have their drawbacks when it comes to impairing cognition. Blurred judgment, addiction and skewed priorities are all major liabilities when dealing with either.

It is interesting, however, that alcohol is considered tolerable within certain limits whereas marijuana is, as of yet, intolerable, at least from a legal standpoint.

One common theory for marijuana's illegality in the U.S. is our capitalistic industry's hidden agenda, but if you compare the effects of this substance to another, like alcohol, which is prevalent in our society, then how do they measure up from a biological standpoint?

The website *http://www*. saferchoice.org tries to stress the advantages of using marijuana instead of alcohol. According to this site, substances like marijuana and caffeine have the least vice when compared to others like nicotine and alcohol. On a comparative chart, these substances are weighted based on characteristics such as dependence, withdrawal, tolerance and intoxication. The chart demonstrates the negative effects of alcohol are more than

double those of marijuana in every category.

This site also makes the claim that long-term marijuana use is statistically much less damaging than long-term alcohol use.

One sweeping comparison regarding these two substances is the U.S. Centers for Disease Control's reports on alcohol-induced and marijuana-induced deaths reported in the year 2003. Alcohol tallied 20,687 deaths while marijuana totaled zero. It could be argued that these statistics are skewed due to the sheer availability of alcohol as compared to that of marijuana, but the extreme deviation of these numbers is still staggering.

In an article titled "Alcohol Versus Marijuana on the Brain,"

Ph.D. Gary Wenk, a professor illegal? I recall walking the of psychology and neuroscience at Ohio State University, claims that it is difficult to compare these two substances due to the simple fact that they have such diverse effects on the brain and its capability to function.

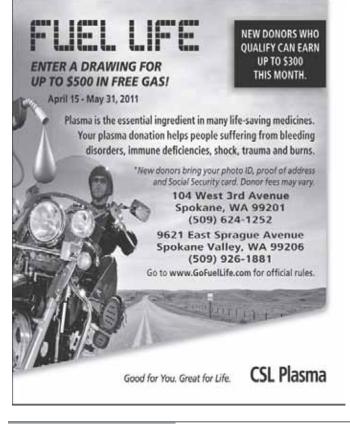
Wenk claims that such an argument would involve "comparing apples to oranges," so to speak. According to Wenk, the severity of cognitive compromise in an individual using these substances boils down to aspects as finite as genetic makeup. Essentially, an individual's experiences with these substances and the consequent severity are subjective.

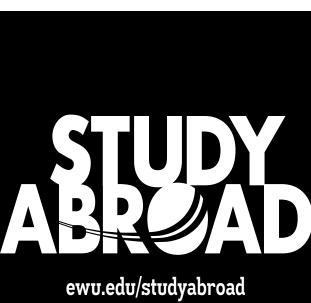
I can't help but wonder, why is it then that alcohol is legal and available to us in the U.S. while marijuana remains streets of Amsterdam during my year as an exchange student in Germany and smelling the distinct aroma of weed in the air. The concept of having marijuana so openly accepted and blatantly used in public was the most foreign experience about being in another country.

It seems that when it comes to using any substance, whether it is enjoying a glass of wine, a cup of coffee or a joint, moderation is ultimately important. It is easy to get caught up in the matter of legality when it comes to the touchy subject of marijuana use, but being educated about the potential biological consequences for all kinds of substances serves, in my opinion, as the best form of judgment.



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