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Associated Students of Eastern Washington University

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What really keeps the doc away? p. 7

Feeling lighter post-holidays

Warm up, work out and slim down, p. 9

THE EASTERNER

Eastern Washington University

January 11, 2012

Volume 63, Issue 11

EasternerOnline.com

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GET INVOLVED!

Special Olympics Washington will hold their **basketball tournament** here at EWU on Jan. 29. Five hundred athletes from eastern Washington will compete on the 40 to 45 participating teams. For more information, visit sowa.org or email Jill Ives at JIves@sowa.org.

This week

DON'T MISS:

The **12th Annual EWU Jazz Dialogue Festival** is Jan. 13 to 14. Among the events is a Friday evening concert at 7:30 p.m. in the Showalter Auditorium.

CELLObration with director John Marshall will be on Jan. 15 at 7:30 p.m. in the Music Building Recital Hall (MBRH).

Band Invitational I Finale Concert will be Jan. 28 at 7 p.m. in the Showalter Auditorium. It will feature the **EWU Wind Ensemble and guest high school concert bands**. Dr. Gary Gilroy from California State University, Fresno, will be the guest conductor and event clinician.

Students interested in getting valuables engraved for free as part of **Operation ID** can contact the EWU Police Department or bring the item to the Red Barn. Items can also be engraved during events in the residence halls.

STA continues to make major changes to **bus routes** in the Cheney area to improve alternative transportation. Opinion, p. 5.

Got an interesting **New Year's resolution**? See p. 5 for Derek Brown's solutions.

EWU Film student Seth Mead discusses how a project for a senior production class aided in his band, Formada, reuniting for a New Year's Eve concert.

Use your phone's QR code reader to take you directly there:



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Cliff Colimon scored a game-high 22 points in the game against the Lumberjacks. He has scored 251 points for the season with an average of 15.7 points per game.

Photo by Evan Sykes

Eagles chop Lumberjacks down to size

Despite rough first half, EWU overcomes NAU 76-59

By Fedor Gaponenko
STAFF WRITER
fgaponenko76@gmail.com

Three consecutive Cliff Colimon 3-pointers to start the game were not enough to rattle Northern Arizona's confidence as they nearly shut down the Eagles shooters in the first half.

Although Eastern was shooting 36.7 percent and Northern Arizona 57.1, the Eagles did a great job of rebounding and forcing turnovers which kept the Lumberjacks from running away in the first half.

With a 27-31 halftime deficit, coach Jim Hayford decided to dress his leading scorer Collin Chiverton, who sat out in the first half with a foot injury.

"It's an injury the doctors said he can play through, but he will be playing with a tremendous amount of pain," Hayford said. "You got to respect him as a teammate because he'll do whatever he can, but at the same time we're trying to give him as much rest as we can."

The plan was to see if they could win without him, but at halftime the coaching staff told him to warm up.

A casual observer would have never guessed that he was playing injured. Chiverton's first shot was a deep three and he followed it up with four more quick buckets, scoring 12 points in only 14 minutes on the floor.

"To get it going offensively it feels good," Chiverton said. "I'm glad I can do that for my teammates."

His instant offense not only put points on the board, but also ignited his teammates. The Eagles went on to shoot 58.1 percent in the second half and held their opponent to 36 percent.

Laron Griffin had an excellent game.

"Coach emphasized rebounding I tried to get all of them to help the team win," Griffin said.

Aside from the rebounding and defense Griffin also scored 11 points on five of five shooting

BASKETBALL-PAGE 9

Security beefed up for replacement ATM

New, open location will increase visibility and deter burglaries

By Kristie Hsin
SENIOR REPORTER
k.hsin@yahoo.com

Campus police officials have deemed the investigation of the PUB ATM burglary suspended until further notice.

The incident took place Sept. 20, 2011.

The perpetrators have

not yet been caught and there are no new leads, according to EWU Police Chief Gary Gasseling.

"It's on-going and open, but probably at this point in time, it's suspended until we get some sort of information," Gasseling said.

The incident is considered to be a felony robbery. If caught, perpetrators will

be facing charges for burglary and theft. The charges will differ depending on when and where they're caught, according to Gasseling.

Police and STCU officials are not releasing the amount of money stolen.

A new ATM was installed before winter break. The new ATM is located on

the PUB's second floor near Baldy's.

"We did replace the ATM on Dec. 19. We took mini-precautions to protect the replacement ATM and its user," STCU Community Relations Manager Traci McGlathery said.

McGlathery was not authorized to specify what the precautions were.

For security and surveillance purposes, a camera was added to the area. The ATM is a standalone.

"It's standing out in the open so it's going to be more difficult for somebody to try to get into that one without somebody seeing them," Gasseling said.

ATM-PAGE 3

More accolades for Mitchell: wins 2011 Walter Payton Award

By Al Stover
SPORTS EDITOR
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The post-season honors keep coming for Eagles quarterback Bo Levi Mitchell as he is the recipient of the 2011 Walter Payton Award.

Mitchell, who was a finalist along with Lehigh quarterback Chris Lum and Indiana State running back Shakir Bell, received 57 first place votes and 453 total, according to the Eastern Athletics website.

Mitchell, a transfer from Southern Methodist University, began his Eastern career in 2010, where he helped the Eagles win the 2010 FCS National Championship.

Although the Eagles did not make the playoffs in 2011, Mitchell led the FCS in passing yards with 4,009,



Mitchell

and touchdown passes with 33. He also broke EWU's record for single season passing yards with 4,009, which ranks 17th in FCS history and fifth in Big Sky Conference history.

In addition to winning the Walter Payton Award, Mitchell was selected for seven All-America teams, earning first-team honors on six of them. He was also named the 2011 Big Sky Offensive Player of the Year.

Cheney hires new police chief

By Kristie Hsin
SENIOR REPORTER
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John Hensley was chosen as Cheney's new police chief, bringing to the city community policing and collaboration with other law enforcement agencies.

His selection was announced in early December. Hensley officially took office on Dec. 14, 2011.

Since then, Hensley has not implemented any major changes.

"I've spent the last three weeks meeting one-on-one with all the employees and meeting with my colleagues and other law enforcement agencies just to share my experiences and my vision for this police department and to find out how we can improve our relationships,"

HENSLEY-PAGE 4

Eastern's adaptation gains national kudos

By Davis Hill
STAFF WRITER

From Dec. 1 to Dec. 4, the EWU Theatre program remounted their production of Tim O'Brien's "The Things They Carried." Originally performed last March, it follows the experiences of a platoon of soldiers during the Vietnam War.

This production of "The Things They Carried" was chosen as an alternate for the Kennedy Center American College Theater Festival in Colorado. Several members of the cast were

invited to audition for the Irene Ryan Acting Scholarship, and the cast received a Kennedy Center American College Theater Festival Certificate of Merit for Outstanding Ensemble Performance.

Members of the cast were excited to have the chance to perform the play again.

"The audience really liked it," said Chailee Friant, who plays Maryanne. "It's a narrative play. You get to talk to the audience and bring them into your story."

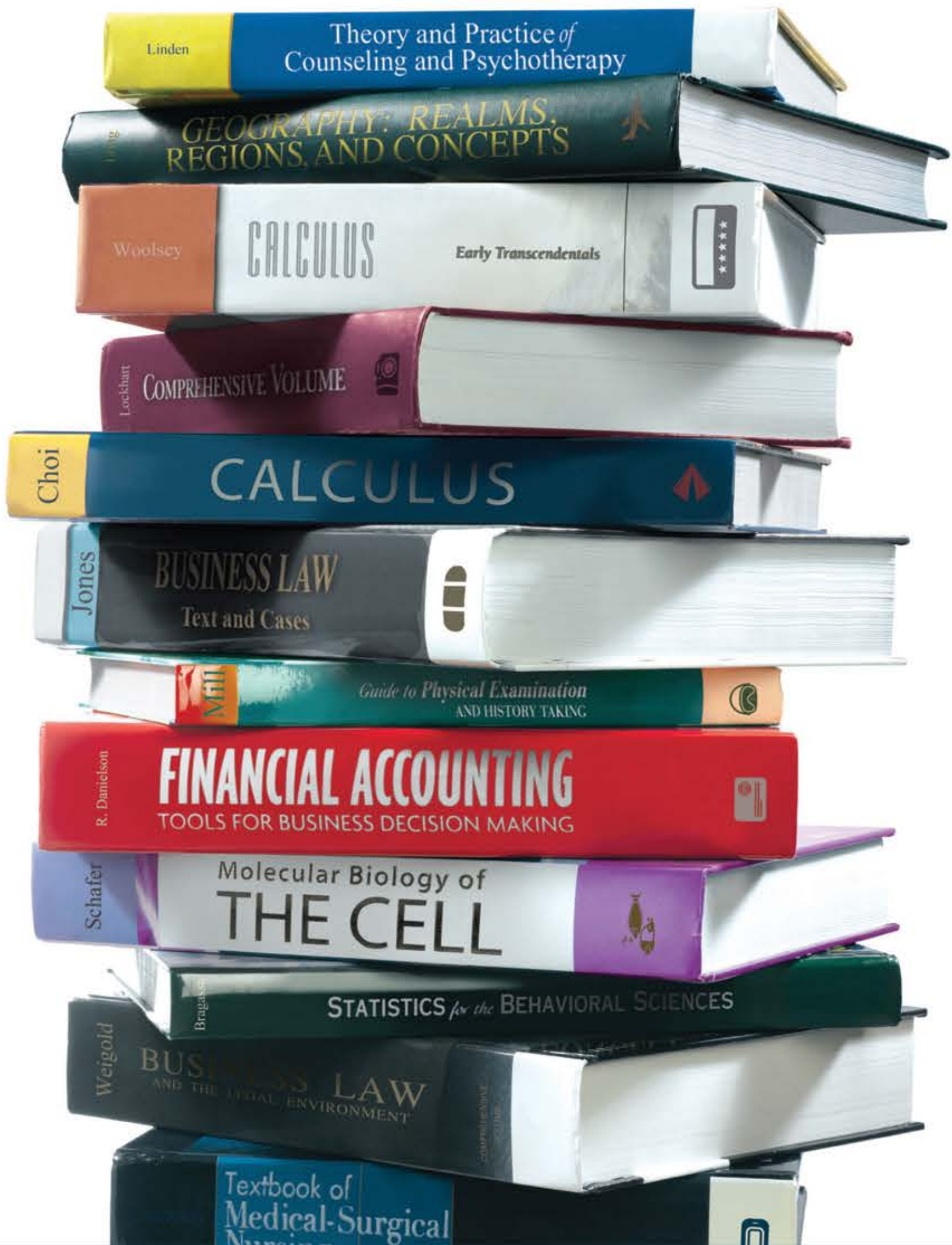


CARRIED-PAGE 7

The actor-soldiers share a lighthearted scene in the much-loved play.

Photo by Mikayla Napier

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Spokane elects sixth mayor in twelve years

By Kristie Hsin
SENIOR REPORTER
k.hsin@yahoo.com

Spokane welcomes a new year with a new mayor, David Condon, who officially took office Jan. 1, 2012.

Former Spokane mayor, Mary Verner, led the city from November 2007 to December 2011. Verner was Spokane's fifth mayor in eight years.

Condon said, "The No. 1 priority I have is getting a hold of our budget and making sure that it is sustainable over the long run."

Maintaining public safety, economic development and job creation, improving quality of life and maintaining the budget are Condon's main goals during his term as mayor.

In tackling these issues, Condon has divided each topic into three main areas: items to implement immediately, long term issues on which he needs to collaborate with city council and finding talented people in the Spokane community who can help implement these ideas.

"First on my plate is going to be selecting a police chief and working with the police department," said Condon. "Just kind of rebuild the confidence in our public safety sector."

Condon also has plans to look at different ways of how the city can partner with other area counties and cities in order to provide better services.

Illustrating strong leadership, being an attentive listener and implementing what he's set out to do are the main qualities of a good

mayor, according to Condon.

"It's a case of showing strong leadership, at the same time always being an advocate on behalf of the citizens that elected you to really tackle the tough questions of city staff and to make sure that we're supporting small businesses [and] we're supporting our citizens," Condon said.

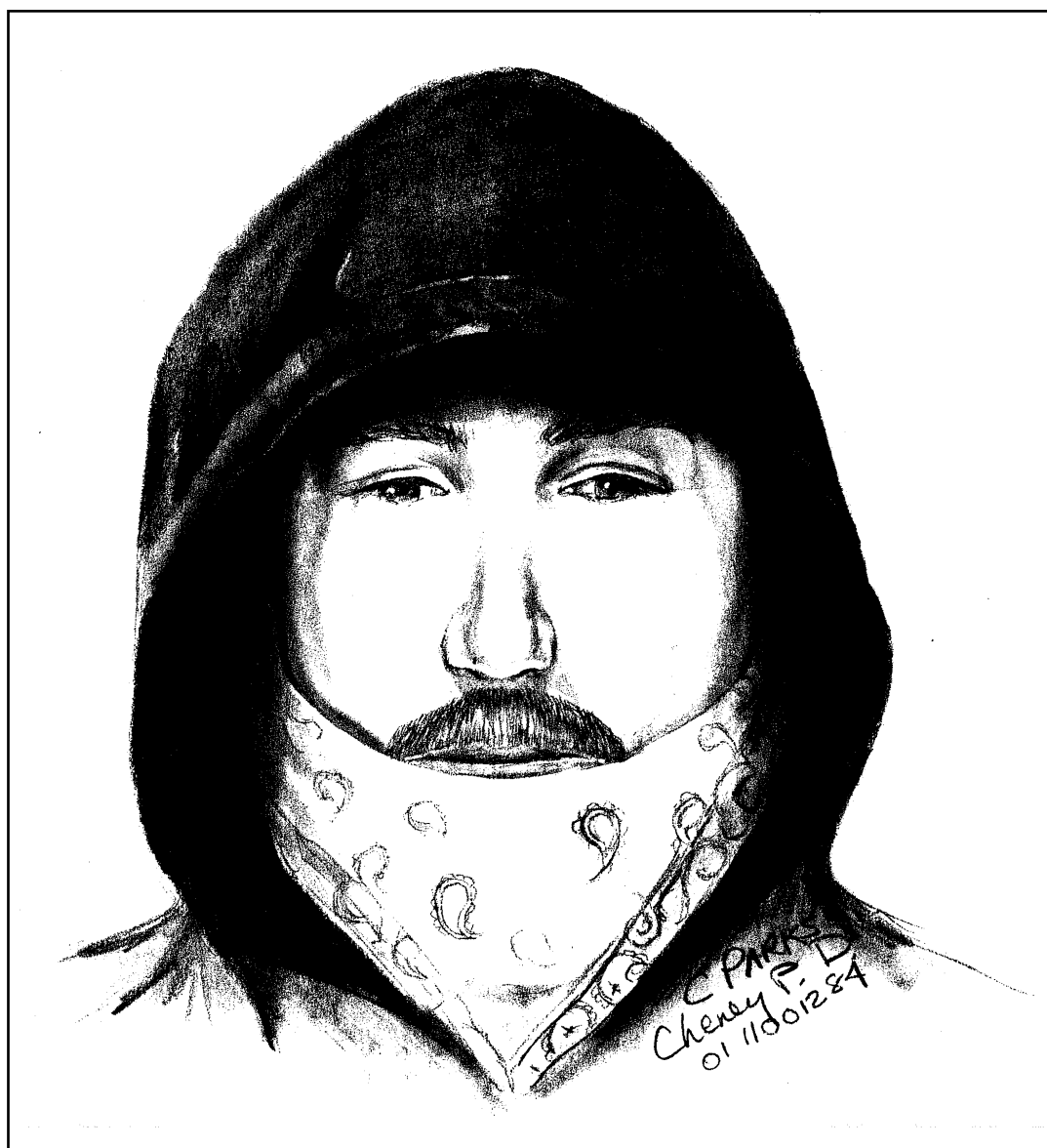
In 2008, Condon served as Deputy Chief of Staff for Washington's Fifth District Congresswoman Cathy Morris Rogers.

Spokane's new mayor was in the military for nine years, serving in the U.S. Army and achieving the rank of captain. His military education includes the U.S. Army Airborne School, the U.S. Army Air Assault School and the Department of Navy Transportation of Hazardous Materials course.

The Spokane native graduated from Gonzaga Preparatory School in 1992. He later attended Boston College, where he earned a B.S. in Finance and Military Science. By 1996, Condon had received the Marshall Foundation Award and was a distinguished military graduate.

Condon is Spokane's 44th mayor. He will be managing a \$600 million annual budget and directing the activities of approximately 2,000 employees.

"This is where I'm born and bred and this is where I plan on living for the rest of my life," said Condon. "I have a definite interest in the prosperous future of Spokane."



Artist sketch courtesy of the Cheney Police Department

Alert: Assault case person of interest

Cheney police are currently investigating the assault of a female student that occurred on New Year's Eve. The student was sexually assaulted when a man broke into a residence on the 200 block of west Second Street, armed with a fixed blade knife. The man made unwanted sexual advances on the occupant of the home, but the victim was able to escape without getting hurt.

The suspect was a medium build white male approximately 5 foot 6 inches to 5 foot 7 inches tall. He wore dark clothing and used a black and white bandana to conceal his face.

Anyone with information about the suspect or the assault is asked to call the Cheney police department at 509-535-9233.

Existing faculty move up to higher positions with wide-spread influence

Vice Provost and Executive Director of the Office of Global Initiatives work under EWU's Academic Affairs, handling long-term goals aimed at promoting student success

By Fedor Gaponenko
STAFF WRITER
fgaponenko76@gmail.com

Students will no longer wander the campus aimlessly, traveling from one building to the next, trying to find just the right help they need.

Eastern hopes to implement changes to increase student success by providing seamless, coherent advising and services.

Division of Academic Affairs Provost Rex Fuller has appointed Colin Ormsby, Ph.D., as interim vice provost of undergraduate affairs and Catherine Dixon as executive director of the office of global initiatives. Both have assumed their roles as of the start of 2012.

While being interim vice provost, Ormsby will continue working as the director of institutional research until a national search is completed for the permanent position.

"We decided to do a national search for the position so that we could get the best possible candidate," Ormsby

said. "It's advertised now. We hope that we will have that person by July 1, which is a little ambitious for a national search of this kind, but we think we can do it because Eastern has a lot to offer."

Fuller asked Ormsby to temporarily fill this position because of his background in student retention services and his experience as director of admissions.

"The position was created after we did away with another assistant provost position to really bring together all of the academic advising portions which currently resided in different locations," Ormsby said. "General academic support services' would be a better way to phrase it than simply 'advising.'"

The goal is to get students the help they need in one location.

If a student comes to an office that doesn't have the correct resources, the advisors will know exactly where to send the student instead

of letting him go on a wild goose chase from office to office.

"My role is to facilitate the centralization of those resources so that they all come together and work as one cohesive unit," Ormsby said.

Dixon's goals are to ultimately enhance student success, specifically in the direction of international affairs.

"My new role will involve providing leadership and vision for the implementation of all aspects of Eastern Washington University's international endeavors," Dixon said.

Dixon began her tenure in EWU's Division for International Educational Outreach (DIEO) in 2004.

Initially, Dixon was hired to handle marketing and communications for DIEO, but went on to serve as the interim vice provost from August 2008 to December 2011.

Effective Jan. 1, 2012, Dixon can now put all her

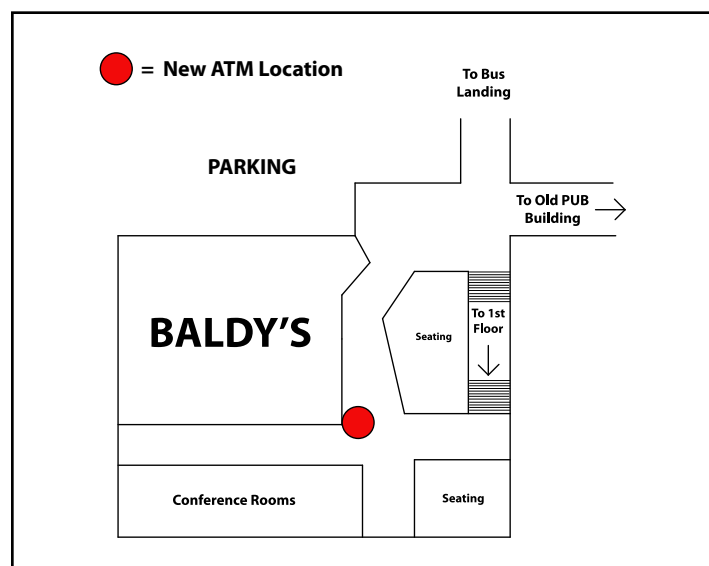
attention on EWU's global initiatives.

"Building on its recent history and following its strategic plan, Eastern Washington University has made internationalization fundamental to its educational mission," Dixon said. "The success of the newly-formed Office of Global Initiatives will rely heavily on our collaboration with faculty, students, staff and other constituencies."

One of Dixon's priorities is to establish a strategic direction for the Office of Global Initiatives that results in programs and projects that enhance student success.

Dixon also wants to expand the visibility of EWU Global Initiatives on campus, nationally and internationally, by fostering relationships with university, state, national and international communities.

Dixon's and Ormsby's work and efforts will be on display throughout the rest of the year and in the future of EWU.



Easterner Graphics

ATM:

continued from front page

Most inconvenient to students and faculty was that the previous ATM was the only one on campus.

Sophomore Roy Rojo said, "It was a hassle without it so it did make it easier to get money fast when it was working right."

"What concerns us is the potential for injury if somebody happened to be in that area seeing something. ... Criminals have a tendency to be a little bit more dangerous because they know they're looking at a more severe time in jail. The potential for danger to our students or officers or anybody who happen to be in the area ... could have been very severe," Gasselung said.

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The Easterner's "Best of" business nominations

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MOVIE THEATER: AMC RIVER PARK SQUARE MAGIC LANTERN REGAL NORTHTOWN MALL VILLAGE CENTRE CINEMAS	BOOKSTORE: AUNTIE'S BOOKSTORE BARNES & NOBLE TREE OF KNOWLEDGE 2ND LOOK BOOKS	PIZZA: GATTO'S GENO'S PIZZA PIPELINE ROCKY ROCCOCO'S ROSA'S PIZZA	LOCAL MALL: CAWICH WILL BEMPIUS CAMPUS MALL NORTHTOWN RIVER PARK SQUARE SPOKANE VALLEY MALL
GROCERY STORE: CHENEY TRADING COMPANY HUCKLEBERRY'S ROSAUERS TRADER JOE'S WALMART - AIRWAY HEIGHTS WINCO	CLUB: DEMPSEY'S BRASS RAIL MARQUEE LOUNGE ZOLA	BAR: ANDY'S BLUE SPARK EAGLE'S PUB WILD BILL'S LONGBAR	GENERAL RESTAURANT: ELK PUBLIC HOUSE SUSHI MARU SARANAC PUBLIC HOUSE
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Have a news tip?

Comment on Twitter: #EWUtip

Safety starts with a change in culture

Green Dot, a violence prevention advocacy service, promotes attitudes of non-violence and respect through peer interaction

By Trevor Parus
STAFF WRITER
trevparus@gmail.com

On Jan. 4 to Jan. 7 at the Riverpoint campus located in Spokane, nearly 45 faculty members from across five different schools came together to participate in a four day training session on violence prevention. Eastern took the lead in raising funds.

Other schools that participated included Gonzaga, Whitworth, WSU, Institute of Extended Learning and Lutheran Community Services Northwest.

At the event, faculty members were trained in the Green Dot program that helps identify violence issues and how to go about handling them on campus. Green Dot is a violence prevention program that specifically targets college campuses.

According to Karen Wanjinco, a violence prevention advocate, 11.5 percent of students at EWU reported that their relationship was physically, emotionally or sexually abusive.

To help fight these statistics, Karen, as well as others, have implemented Green Dot, a movement intended to help end sexual violence here at Eastern as well as other universities.

Green Dot promotes the idea

of everyone being social participants in helping to end sexual violence. Wanjinco says that the goal for Green Dot is to educate bystanders and to help them recognize moments of violence and know the proper steps to prevent it.

In addition, 8.5 percent of students reported some form of sexual contact that was non-consensual and 6.4 percent reported being stalked at EWU within the last 12 months.

"Every university pretty much in the United States has that kind of data" Wanjinco said.

Wanjinco said that these numbers are reasons why many universities have some form of violence prevention.

"Every university, I think it would be safe to say, has some kind of violence prevention program around the issue of rape, partner violence and stalking"

Wanjinco said that Green Dot is new and innovative compared to the violence prevention the university promoted in the past. Wanjinco said that many of the ideas were based on what not to do, rather than focusing on what can be done.

"What we did for a long time wasn't really effective ... and it made people feel defensive," said Wanjinco "Whenever we came

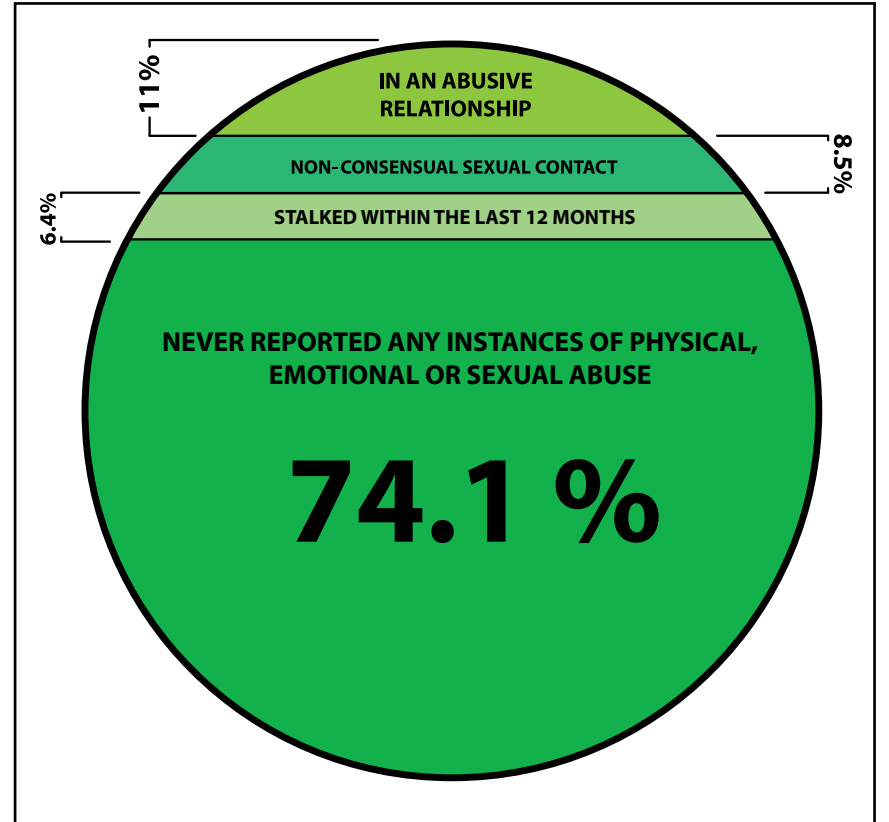
into the classroom to present our image, it wasn't very complimentary."

Wanjinco said that one of the most important issues with Green Dot is for the students to begin to talk about these issues. Wanjinco believes that once students begin to model the behavior of Green Dot, it will be more effective than simply telling students the risk of violence.

"Green Dot changes the nature of the conversation," said Wanjinco, "Green Dot is what we do to change the norm. To say, 'not on our campus, violence is not inevitable and we can do something to stop it.'"

Wanjinco said that Green Dot behaves more like a social movement than that of an anti-violence campaign. Wanjinco believes that to participate in Green Dot does not require a complete life alteration but a belief in the cause.

"The idea is that you don't have to change your whole lifestyle to help prevent a sexual assault," Wanjinco said. "It's based on the premise that everyone is good, everybody wants to see a solution to violence. ... If all of us who are not violent do something about that person who is violent, they can't get away with it as long as we're active."



Easterner Graphics

Percentage of Eastern students who reported physical, emotional or sexual abuse.

Wanjinco said that students are starting to participate, and while it is early to begin measuring success, she believes Green Dot has made a visible change.

"I think it's too early to tell, but I am hearing stories from students that they're starting to do things," Wanjinco said.

"If Green Dot were to take off at Eastern, within two years we

could have our numbers so low."

On Jan. 12 from 12 p.m. to 1 p.m. an information session on Green Dot will be held in PUB 261.

To get more information on Green Dot contact Karren Wanjinco at kwanjinco@ewu.edu or visit their Facebook at <https://www.facebook.com/#!/pages/EWU-Green-Dot/123677911045239>.

Corrections for Issue 9, Nov. 16:

Front: "Academic Success Center fights for survival" is inaccurate. The TRIO program, which is under the ASC umbrella, is in jeopardy because their funding could be cut or eliminated. The TRIO Program serves 300 students per year and the Academic Success Center serves 3000 a year.

Corrections for Issue 10, Nov. 30:

Front: "Search yields no new clues" is inaccurate. Forney last spoke to Higgins on Sept. 15. Higgins attended Mosaic Fellowship, not Trinity Baptist Church. The quotes attributed to Pastor Rich Veil should have been attributed to Pastor John Repsold.

Hensley:

continued from front page

improve our relationships," Hensley said.

Before final decisions were made, Cheney Cmdr. Rick Campbell served as the city's interim police chief. Campbell was among the four finalists for the position.

Other finalists included Steven Johnson and Bob Curlan.

"Chief Hensley was the top candidate from a starting pool of 35 individuals. ... He quickly rose to the top and looked even better as we progressed through ever more stringent background checks," Cheney Mayor Tom Trulove said in an email.

"Commander Campbell was a very strong applicant who could do the chief's job well," said Trulove. "The choice of chief was a very difficult one, but Chief Hensley brought more experience being a chief to the position, based [on] his extensive prior employment as chief in communities outside Cheney.

According to the mayor, the two are committed to working with one another.

Hensley has a 28-year old law enforcement background, having served in the U.S. Army as a military police officer and as the former police chief of three southern California cities.

"I have experience as a police chief in three other cities so I understand how complicated the job can be," said Hensley. "Furthermore, I've worked in six different cities with various sizes of police departments. I un-

derstand what it takes to manage a police department and I think I'm uniquely suited to work with smaller organizations because of my hands-on experience as a police chief."

According to Trulove, Hensley's ability and qualifications as a leader are widely recognized by his peers. He is not likely to see anything in Cheney he hasn't already seen and successfully dealt with before.

Before applying for the position, Hensley was retired and living in the Spangle, Wash. area.

"I miss working alongside cops. I miss problem solving. I miss going out and meeting with people in the community," Hensley said.

According to Hensley, he plans to collaborate and listen to EWU police chief Tim Walters and allow Walters to show him the ropes of how to work in a college town.

"Several of the cities that I worked in as the chief before had universities and community colleges with as many as 30,000 students, but I know that it's much different in Cheney because we are so closely associated with Eastern," Hensley said. "I know that it's different because the size of Eastern and the city of Cheney are very close."

As chief, some of Hensley's responsibilities include making sure service levels are maintained at high levels, getting out and recruiting people for the department and collaborating with other nearby law enforcement organizations while representing Cheney.

"His interest in community based policing, the fact that he sees policing as far more than just law enforcement, his eagerness to meld with the community, his commitment to working with EWU and his pleas-

ant and calm demeanor all make him a good selection," Trulove said.

Hensley said, "I like to be able to develop our personnel to their fullest potential, ... which will allow us to better provide community policing and problem solving services throughout the entire community."

As the new police chief, Hensley plans to implement community policing where certain officers will be assigned to specific issues in the city.

The department will also keep track of problem areas and means of resolutions to those problems, according to Hensley.

"We always need to make sure that gangs and drugs don't take a foothold into this city," said Hensley. "The other thing is that Chief [Jeff] Sale did a great job in hiring great people and so I'd like to make sure that we continue to do that and hire the best possible people we can."

Sale was Cheney's former police chief.

"He created the foundation for community policing and so in order to take it to the next level, the officers need to have specific training in community placing and problem solving," Hensley said.

So far, Hensley has lived up to expectations by getting established in the community and working as a city team member, according to Trulove.

"Chief Hensley brings experience dealing with problems associated with drugs, gangs and guns, as well as community oriented policing and working with higher education communities. He comes with a really strong reputation as a mentor which means he will be a good source of training and council for our other officers," Trulove said.

THE EASTERNER T-SHIRT COMPETITION



We reserve the right to alter the winning design if needed.

THE RULES:

- #1 All designs should be on a black, gray or transparent background and must say "The Easterner" somewhere on the design. Optional motto: Your Campus, Your Voice, Your News.
- #2 Designs should use no more than three colors, not counting the background.
- #3 All submissions are due to Easterner.editor@gmail.com by Friday, Jan. 13. The winner will be selected by a staff vote and notified by email.
- #4 Designs may include the flag; email Easterner.editor@gmail.com, btbritz@gmail.com or easterner.me@gmail.com for an AI or EPS file.

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STA changes affect students for second time in four months

easterner.opinion@gmail.com

STA decided to change their routes yet again, making it the second time since late September that Eastern students will have to figure out how their schedules work in conjunction with STA's changes.

It's a push-and-shove dating back many years.

According to STA's official statement, the service changes are "based on analysis and customer feedback after the September 2011 Service Change." Therefore, "STA is making mi-

nor adjustments to improve reliability and route connections." All changes are expected to begin on Jan. 15.

A total of 19 routes are having changes to their schedules. Most of the changes involve timepoint alterations that STA deems to be better.

But isn't this what they just did three months ago? Not to mention, they do it all the time.

The service changes that students at Eastern should take keen note of are, well, all of the Cheney buses.

Every one of the Cheney

routes has some alteration to its schedule.

The 66 Cheney/EWU bus route has "multiple timepoint changes, interline changes and routing modifications in Cheney." In greater detail, the 66 Cheney/EWU bus will no longer connect directly to the 29 SCC bus, which many students use to take them directly to the Riverpoint campus. STA reassures riders that "a timed connection between routes 29 and 66 will be retained on a half-hour basis."

How convenient for us. So we

might have to wait a half hour to get to the Riverpoint campus. They're really improving the routes this time.

However, the PUB will be serviced nights and weekends now, both directions.

The 68 Cheney Local will now be serving the PUB, reflecting the fact that the 66 Cheney/EWU bus will end at the PUB.

As for the 165 Cheney Express, students can expect "in-bound timepoints changed, interlining and arrival zone changes," which means nothing to us yet, but we're certain it's

not good (especially the interlining part).

And, of course, students can expect many time changes throughout, buses that don't quite connect properly, and tardiness. (It might be possible for you to bring this article to your professor and he or she might be willing to waive a couple first-week absences).

Thank you STA for making our lives as convenient as possible. Now, we wait for all your angry letters to the editor about how STA made your lives more convenient, too.

Through the Eagle's Eye

Photos by Nicole Livingston

"How do you feel about the changes STA made to the bus schedules?"



"I haven't heard about this yet. But I live in Cheney, so none of it really affects me."

Alex Johnson



"I don't go to Riverpoint, but I know it's going to mess up people's schedules."

Nicole Sestrap



"I don't know about the Riverpoint thing, but a lot of students go there."

Katie Higgins



"I haven't had any problems with the schedules yet, but I don't go to Riverpoint."

Rachael Kenney



"It hasn't really affected me, I mean both before and now it's worked fine."

Scott Melville

Foolish New Year's resolutions could have dire consequences

By **Derek Brown**
OPINION EDITOR
easterner.opinion@gmail.com

What's your New Year's resolution?

Chances are, if you were to ask anyone on the street this question, you'd hear the same platitudinous responses:

"My New Year's resolution is to lose weight!"

"My New Year's resolution is to quit smoking!"

"My New Year's resolution is to be happy!"

No, it's not.

I really can't tell you how many times I hear these same three resolutions each year, and no one I know who has said them has actually achieved any of them.

According to a study done in 2009 by the University of Hertfordshire in the U.K., 78 percent of those who set themselves with some kind of "New Year's resolu-

tion" weren't very resolute. The reason is simple: those who succeeded had a tendency to parse their resolutions into achievable goals. Those with a more capricious approach had a tendency to take on too much too soon.

We can take the avid weight-watcher and watch them lose weight, but we'll never see someone watch themselves lose weight as one lofty goal.

They need to first concentrate on eating right, then some exercise, and finally focus on the life change that comes with it. Otherwise, this is simply a foolish pursuit (why it is foolish will be explained towards the end).

Smoking is probably not good. Whether or not it's good or bad, if one were to suddenly quit smoking, it wouldn't work. Chances are they'd raid every ashtray on campus for a single, half-smoked drag (trust me, I've been there).

So one would first have to buy

patches, gum or whatever, and constantly tell themselves that they're going to beat their addiction. Otherwise, this, too, is simply a foolish pursuit.

The other one, "To be happy," is the loftiest goal of them all. I reckon if one were to actually achieve this resolution, they will have answered the central question driving the pursuit of every philosopher since Socrates. The Buddha would be forced to bow to him or her.

I've been around long enough to know that happiness isn't something that you just find hanging out in the kitchen junk drawer. Nor can it be purchased at the Ben Franklin on First Street.

There are some who like to argue that for \$5 a six pack, happiness can be purchased at Taj's at 5.5 percent by volume (or higher). Even that doesn't last forever, unless you keep it up day and night. But sooner or later, we're all susceptible to burnout.

According to John Lennon, happiness is a warm gun.

According to Charlie Brown, happiness is a warm puppy.

Truth be told, happiness is different for everyone and it's the byproduct of a constant state of becoming, but only if you're becoming true to yourself. When one begins to stumble upon what truly drives their day-to-day smiles, and they capture it—moreover, when they begin to remember, practice and utilize their smiles—they're onto something.

When one starts to smile for no reason but the fact they're alive, they've transcended life and mere pain and have attained true happiness.

I can't imagine too many of the people I know actually becoming transcendentally simply because they had a resolution.

According to Richard Wiseman, the psychologist who led the survey, "Failing to achieve your

ambitions is often psychologically harmful because it can rob people of a sense of self control."

Imagine after you've put your mind to accomplishing any of these things and you tell yourself, "I'm gonna be happy," or "I'm gonna lose weight," or "I'm gonna stop smoking," then you don't. You subconsciously condition your mind into thinking that it's callow. A sense of failure washes over you. Soon you start to believe you have limited will power, and nothing is worth trying because you'll ultimately fail at it.

It is always worth our time to attempt to make ourselves better people—stopping smoking, eating better or trying to smile more. It should, however, be taken seriously but with an ever-steadier pace. We can't just willy-nilly say anything; it takes action. And like all resolutions, it takes practice.

As you know, practice makes perfect.

A letter from the editor:

Welcome back.

After a month of rest and relaxation, some of us aren't ready for school and work, while some of us aren't ready for school work.

However, for many of us, it's like the rest and relaxation never ended. Some of us worked through break

and never got a chance to relax. While others vacationed and visited family and so on.

One thing that most of us can agree on, however, is that we're thankful that the holiday season is over. Family is nice, but only from November to December. Time to work off all that food.

As most of you know,

it's now 2012. Some people claim that the world's going to end this year. The last thing we wanted to hear upon returning to school is that the world is going to end.

Then why all this school? Was it in vain? Will the world really come to a sudden halt on Dec. 23? Will it simply explode like the death star? Or do we have time to hide? Were

the Mayans right? Is the second coming upon us?

As the quarter plods along, we here at The Easterner plan on running some articles about the end of the world.

In the meantime, we want to hear from you! We want your letters, opinions, complaints, and suggestions—by land, sea or air! It doesn't matter how you get them to us, it only mat-

ters that you get them to us.

Now accepting emails. For the first issue of the new year, we want to know what you think about the end of the world. We also want to hear about your New Year's resolutions. We promise we'll print them (if they're not too racy).

So, what would you do if you knew the world was going to end? Would you eat

a million hot dogs? Rob the PUB ATM, again? Or would you, as a friend suggested, eat ice cream in the bathtub?

Please send us your letters today, and spread the word. This is your newspaper, and we want all of you to be part of it.

Derek Brown
Opinion Editor

Letters to the Editor

Fathers need to keep fighting for what is right

Dear Editor,

The battle for custody of children between a mother and father has been historically a one-sided battle that has left fathers behind, with a high level of child support and zero time with his children.

This is a problem that is changing slowly but surely. Fathers need to keep fighting for the custody of their kids even though in the past it has been discouraging.

New laws are popping up around the country that are forcing courtrooms to consider all aspects which are in the best interest of the child, which is giving dads hope. They are not as commonly just assuming that a mother is

the most fit to be the primary caregiver like they used to.

More fathers need to gain some kind of custody so that they can be present in the child's life. This is not only important for the fathers but it is also extremely important to the children to have that father figure in their life. Dads need to know that there are many resources out there that will help them win some kind of custody so they can be in their child's life.

I just want to encourage fathers to keep fighting for this right. This is a very important topic that does not receive much light to it because many think that fathers fighting for custody is a losing battle. This is not true though, equality in custody battles is by no

means even between mothers and fathers but the gap is slowly closing and will continue to close if fathers keep fighting.

Sincerely,

John A.

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.

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.

LETTERS TO THE EDITOR
OPINION EDITOR
Derek Brown
easterner.opinion@gmail.com

Address:
The Easterner, room 102
EWU, Isle Hall
Cheney, WA 99004

Requirements
-Letter should be 300 words or less, and typed or hand-written legibly.

-Include your full name, signature, telephone number and email address for verification.
-We reserve the right not to publish letters; furthermore, all letters are subject to editing.
-Letters must be received no later than Monday at 10 a.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.

Kode Red Dance Team shows off unique theme-based style

Team holds bi-weekly practice sessions and performs at many on-campus events, including Homecoming

By Frank McNeilly

STAFF WRITER
frank.mcneilly@gmail.com

The Kode Red Dance Team uses creativity and expression to create a unique kind of dancing that they can call their own and can only be seen at Eastern.

Kode Red is open to any student registered for at least one credit at Eastern.

This year's Kode Red Dance Team consists of 12 members. Usually Kode Red consists of only 10 members because of the limited performance space.

Kode Red was first seen this year performing at the homecoming kickoff.

The team also performed during Eastern's International week in November.

Anyone can ask Kode Red to perform at a campus activity.

Senior Miechia Taylor is a co-captain of Kode Red and said that anyone can try out.

"The try-outs for Kode Red last for four days," Taylor said. "The first three days are used to teach all of the students auditioning the choreography for the actual tryout on the fourth day."

The Kode Red captains write all of the choreography



Kode Red Dance Team performing at Shades of Black. Though the team usually consists of 10 members, they have 12 dancers this year.

Photo courtesy of Kate Kucharzyk

and pick the songs for the team based on a particular

subject for each show. "Kode Red is a theme-

based dance team," Taylor said. "If a theme isn't de-

cidied, the team picks a fun theme."

Junior Nailah Harris is another co-captain of Kode Red.

"Miechia [Taylor] and I wanted to bring it back and make the club bigger and better than it ever was before."

Kode Red practices twice a week on Mondays and Wednesdays from 7 p.m. to 9 p.m.

Harris explains why practice is important for every member.

"Every practice is different," Harris said. "The practices are used for creating the dances and teaching them to the team."

The members of Kode Red elect their own officers. An election committee is formed from other team members not running for an officer position with the observance of club advisor Victor Rodriguez.

Kode Red is currently practicing for several shows that will be taking place in February, including a performance at the annual Vibes Conference at WSU, taking place Feb. 3 through Feb. 5.

Kode Red will then head to the University of Idaho to perform in the Shades of Black show on Feb. 11.

An apple (and some exercise) a day keeps the doctor away

By Frank McNeilly

STAFF WRITER
frank.mcneilly@gmail.com

The winter and holiday seasons present students with the challenges of staying healthy and losing those five pounds that weren't there before the holidays began.

Carol Gähl, physician assistant-certified (P.A.C.) of the Cheney Rockwood Clinic, says that health and wellness is important, particularly during the winter because of all the cold and flu viruses going around.

"The basic ways to prevent getting sick during the cold and flu season require

a good amount of sleep and hygiene," said Gähl. "Eating healthy and staying hydrated also helps the immune system stay strong and decreases the chance of getting sick."

Basic care is covered for current students through the Rockwood Clinic.

This includes doctor appointments, flu shots, and lab work.

Specialty care, like orthopedics and dermatology, is not covered through student health.

"The student clinic at Eastern has one of the best programs in acute care in the state of Washington," Gähl said.

Eating habits contribute to personal wellness.

Natural and less processed foods are healthier to eat, containing fewer calories and sodium than highly processed foods, according to Gähl.

Highly processed foods are convenient and readily available for students who need something fast to eat for lunch.

However, healthy snacks are easier to include during the day than many students think, according to Gähl.

"Healthy foods are portable," said Gähl. "It's really easy to take along some form of fruits or vegetables. Gra-

nola bars also contain a high amount of fiber and are great snacks to have during the day."

The University Recreation Center (URC) is free for all Eastern students and offers several different options for students to get their daily exercise with a workout facility, basketball court and indoor track.

"The URC is a social environment with friendly and helpful staff available for anyone who needs assistance," said customer service representative Clara Dixon.

Personal trainers are available to work with students who want to achieve

their individual goals.

Students can set up meetings that will work around their schedules.

Senior Josh Izaguirre is a personal trainer at the URC and said that there is a plan for students who want to start exercising during the winter quarter.

"The URC has a New Year's resolution program for the winter quarter," Izaguirre said. "The program will include walk-throughs of all the machines to show how to use them and show the benefits that each machine has."

Along with the URC, Eastern offers many different

kinds of group exercise classes ranging from low intensity classes like yoga to high intensity classes like TRX and Body Pump that take more effort to do correctly.

"Group exercise classes can modify based on the level of difficulty," Izaguirre said. "Students can work at their own level and the facilitator of the group can make suggestions on changing the exercise if it's too easy or hard."

Information and assistance pertaining to getting healthy during the winter quarter is readily available at the student health clinic and the URC for the students who are eager to begin.

Eagle Black team takes top spot at Battle of the Brains programming contest

By Desireé Hood

STAFF WRITER
d.hood28@gmail.com

Three Eastern students competed in the Battle of the Brains contest and won for the Northeast Site on Nov. 5, 2011.

Nathan Fleiger, Trevor Thune and Dmitry Yunikov were team Eagle Black and solved four problems out of a possible 11 to win first place for the Pacific Northwest Region, Northeast site.

"It doesn't seem like much, but you are only given five hours, and some of these problems can take more than an hour to solve," Fleiger said.

Battle of the Brains is an intercollegiate programming

contest, sponsored by IBM, that takes place through-out different regions in the world.

All schools compete against each other through different "site locations" through Skype.

There were six sites for the Pacific Northwest Region: Hawaii, Northern California, Northwest, Puget Sound, Northeast, and Canada. EWU was the hub for these sites, and the judges and technical support were run from here for this region.

"The programming contest is ... [when] you are given a problem, it requires some kind of algorithm to solve it and you are trying to solve it as fast as you can. So even though it is called a pro-

gramming contest, it's really a problem solving contest," said Tom Capaul, director of the Pacific Northwest Region and senior lecturer in computer science. "That's why they call it the Battle of the Brains."

Capaul coached the team prior to the contest in November and made sure nothing went wrong during the all-day event.

He was also in the room with the judges, helping the teams with questions during the competition.

"It's like a test. You can tell them some things but you can't really tell them too much. They have got to figure it out themselves," Capaul said.

Training for the event for

Eagle Black came through courses offered at Eastern and looking at older competition problems.

Local competitions were held quarterly that also prepared the team for the annual Battle of the Brains.

Each member of the Eagle Black team received a medal for winning the Northeast site. A plaque will also be put up in the science building.

"It is just kind of fun. You get a challenge," said Thune. "You just got to know the tricks of the problems to solve and you can do really well."

"I think they are really enjoyable to do. It's definitely a fun way to spend a Saturday," Fleiger said.

Upcoming Events

Check out what Eagle Entertainment has in store:

January:

Jan 12: Mike Super (as seen on NBC) -Showalter Auditorium at 7 p.m.

Jan. 24: Cami Bradley -PUB at noon-2 p.m.

Jan. 26: Mayhem Poets -PUB MPR at 7 p.m.

February:

Feb. 7: Jaci Wisot -PUB at noon-2 p.m.

Feb. 9: Frangela (as seen on VH1) -PUB MPR at 7 p.m.

Feb. 21: Tommy Simmons -PUB noon-2 p.m.

Feb. 23: Comedy Central's Reno 911 -PUB MPR at 7 p.m.

Feb. 29: Does HIV Look Like Me? -PUB MPR at 7 p.m.

Public Hearing on Proposed WAC Changes

Eastern Washington University is proposing changes to Washington Administrative Code by creating WAC 172-137, Use of University Facilities, and by repealing WAC 172-122-100, Civil Demonstrations; WAC 172-122-500, Posters; and WAC 172-139-030, Handbills.

WAC 172-137 establishes standard requirements and procedures for the use of EWU facilities by persons or organizations, internal or external. These rules also provide for the use of EWU facilities for the exercise of free speech and other first amendment protected activities. These rules are needed to better comply with state laws and more accurately reflect current practices.

Rules being repealed are obsolete. Their provisions are covered under state law and/or other university rules and policies, including proposed WAC 172-137.

Proposed rule changes can be viewed in Issue 11-24 of the Washington State Register, at:

<http://apps.leg.wa.gov/documents/laws/wsr/2011/24/11-24.htm>

EWU will conduct a public hearing on these proposed rule changes on January 27, 2012, at 2:30 p.m. in Tawanka Commons, Room 215, Cheney, WA 99004. Members of the public may testify at this hearing and/or submit written comments. Submit written comments by 5:00 p.m. on Jan 25, 2012, to: EWU, University Policy Administrator, Office of the President, 214 Showalter Hall, Cheney, WA 99004; e-mail tlutey@ewu.edu; fax 509-359-7036.



Photo courtesy of Thomas Shalloe

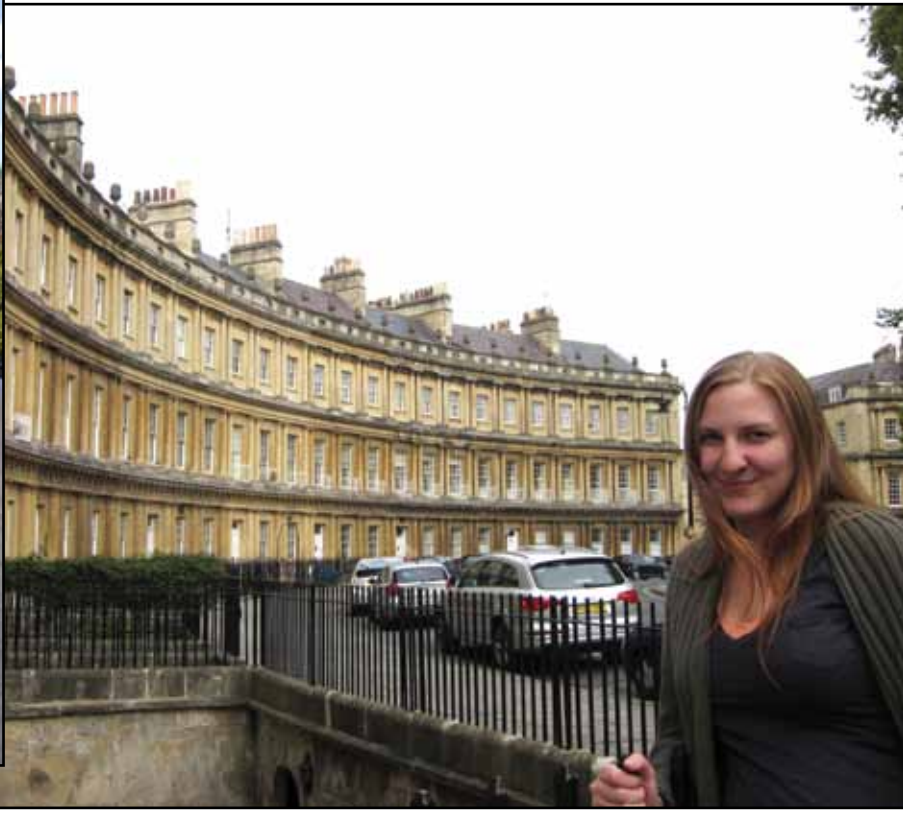


Photo courtesy of Amy Garbisch



Photo courtesy of Thomas Shalloe

Thomas Shalloe is waiting until March to start classes.

Eagles spread their wings while studying, interning abroad

By Desiree Hood
STAFF WRITER
d.hood28@gmail.com

In the study abroad program, EWU students can earn course credit, experience different world views and make lifelong friends, all while traveling to a variety of destinations.

There are several opportunities available to students interested in studying abroad including international internships, direct enrollment, third party providers or a combination of all three.

"You want to get started in the process at least roughly six months before you would actually be looking to travel, and the first step is generally coming in to meet with me," Elena Axton, international and domestic field studies advisor, said.

The cost for studying abroad depends on where and how students are going and how long they are going to be there.

"There is no way to give a blanket cost because it is different for almost every situation," Axton said.

The process consists of narrowing trip choices down to a couple solid destinations and filling out an EWU study abroad application.

Once accepted to that program, you apply to the program or school you are planning on going with for travel purposes.

From there, students get the correct visa status, a passport, fill out the proper paperwork and make sure it then goes through correctly.

This process should be completed before traveling. Students receive credit from Eastern while studying abroad.

Traveling students are still registered as a full time student at Eastern in course ABBR 300 for undergraduates and ABBR 500 for graduate students.

This makes students eligible for financial aid while abroad.

Students have three programs to choose from to study abroad, making it easier to adapt to the needs of a variety of students.

The first option is directly enrolling with a university



Photo courtesy of Amy Garbisch

Amy Garbisch stands in front of the Tower Bridge.

and planning the trip mostly on their own.

Thomas Shalloe, a senior, chose this option and traveled to Buenos Aires, Argentina.

"Because I directly enrolled with the university [in Argentina], I put together my own excursions. I saved a lot of money that way ... but it was also a lot of work finding my own apartment and working with all of my excursions and planning everything out."

Ari Rios, a senior, went with the third party option,

traveling to Spain through International Studies Abroad (ISA).

"It's a great program. They really prepared you for everything you could want to know. Any experiences you might have or troubles you might have," Rios said.

Unlike directly enrolling, ISA plans trips and excursions on the weekends.

Rios traveled all over Spain during her two month stay and is eager to travel again as soon as she can.

"I really enjoyed going to different cities and seeing the

history and museums ... and architecture. It was amazing," said Rios.

"I met a ton of friends internationally and across the U.S. as well. It was a great experience."

Another option is international interning.

Amy Garbisch, a senior, returned from London a couple of weeks before the fall quarter ended.

She interned at a hotel in the finance department while taking classes at the university there.

Garbisch had visa requirements to follow, including a mandatory 20 hours of work a week combined with enrollment at a school in London.

Garbisch did not work the whole time she was there, however.

She planned traveling adventures for herself while she was in London.

"I decided I wanted to see the whole U.K., so I went to Scotland, Ireland and Wales, and I also went to Berlin, Germany. If I had more time..." Garbisch said.

According to Axton, the

three most popular destinations last year, in the following order, were Japan, Costa Rica and Spain.

Europe is the most popular region for the fall quarter with Eastern students studying in the Czech Republic, Italy, U.K., Germany, France, Belgium and Spain.

Shalloe, Rios and Garbisch plan on traveling again and describe their experiences as "amazing."

For Shalloe, the best part of the experience was "the friends that I have there now. I would consider them some of my best friends now and that's why I plan to go back next quarter."

He is currently waiting until March to begin classes at the Universidad de Belgrano in Argentina.

"Spokane is nice but London is so amazing. There is everything there. There was never ever a dull moment. I want to move there," said Garbisch.

"I think going abroad, you just learn how flexible you can be and how capable you are. You grow so much as a person."

Carried:

continued from front page

Friant explained that part of the play's appeal is that it touches on issues that many people are uncomfortable talking about.

"The audience walks into a funeral," she said. "From the beginning, you're kind of torn apart."

The play was well-received, with standing ovations three out of the four nights. Many from the audience expressed their appreciation for the performance.

"[It was] way above what I was expecting," said Brady Wickett, who attended the Dec. 4 showing with friends. "I expected it to be overacted and not really a story that touched people in the audience. [But] a lot of people in the audience were feeling the same emotion as the actors."

Leah Parker, who heard about the play through the Honors Program, agreed.

"The acting and adaptation was done in a way that allowed the audience to really engulf themselves in it," she said. "I highly recommend it."

"It was a lot faster paced this time around," Friant said. "The guys just grew a lot within a whole year. The audience felt like they were right there in the jungle."

"The Things They Carried" is dedicated to Alan Basham, who teaches in the Department of Counseling, Educational and Developmental Psychology and served as a medical evacuation corpsman with the Marines in Vietnam.

Basham, who describes himself as an "unofficial helper," spent time coaching the cast, choreographing the troop's movements, and even creating several mock weapons used in the play.

"I was determined to help them see through my eyes to get information you can't really get from reading the book or the script," Basham said. "I helped them understand war and the context of the war, the psychological and spiritual effects on people."

"There's some really courageous young people in that cast," he said. "Some of the cast members are veterans themselves, and for them to dedicate themselves to this, one [or] two years after returning from war? It was simply unbelievable."

"Watching movies and researching Vietnam, I had so many nightmares that [Sara Goff, EWU assistant professor of theatre] made me stop doing research," Friant said. "[But] everyone wanted it so bad."

She paused. "We are trying to tell the story of what the soldiers were [unable] to tell—the story of soldiers' lives over there."



Screenshot from "Life Imitates Art: Formada Reunites."

Use your smartphone's QR code reader or go to <http://www.easterner-online.com> to watch EWU Film student Seth Mead discuss how a class project aided in his band, Formada, reuniting for a New Year's Eve concert.



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Police Beat

Dec. 10

10:30 a.m. Malicious mischief

An individual kicked in his friend's apartment door at the Town House Apartments. The man became angry when asked to leave and broke out a bathroom door.

11:30 a.m. Agency assist

EWU police were called to assist near the 800 block of First Street for a possible domestic dispute in progress. A female was arrested and transported to Spokane County jail.

Dec. 14

Information report

An employee made an informational report regarding a domestic dispute in which her husband was arrested.

Fraud

A student employee reported that his paycheck had been stolen and cashed.

Dec. 16

2:15 a.m. Agency assist

EWU and Cheney officers were called to the 100 block of Third Street regard-

ing multiple reports of disorderly conduct. One individual was arrested.

Dec. 31

9:36 a.m. Trespassing

EWU employees called in to report people in the PUB after hours. One student was contacted inside the building and was later referred to the Office of Student Rights and Responsibilities.

Jan. 3

Theft

A bike was stolen at the Town House Apartments. The bike was later recovered by Cheney police, who found it abandoned near Simpson Parkway.

Theft

A ficus tree was stolen from the lobby of the Art Building sometime between Dec. 23 and Jan. 3. The tree was valued at \$200. Officers have checked other buildings but have not recovered the tree.

Malicious mischief

The men's bathrooms on the first and second floors of the PUB were vandalized. The graffiti was done with a black marker and has since been removed by custodians.



Jan. 3. Theft. A ficus tree was stolen from the lobby of the Art Building sometime between Dec. 23 and Jan. 3. The tree was valued at \$200. Officers have checked other buildings but have not recovered the tree.

Jan. 7

Domestic dispute

Officers were called to the 600 block of Elm Street about a possible domestic dispute in progress. Both participants were drunk. One of them was asked to leave and complied.

Jan. 9

9 a.m. Burglary

Computer equipment was stolen from the Superior Court room (305) on the third floor of the PUB.



Have something to sell or trade?
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Call the advertising department at 359-7010.

THE EASTERNER

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The Easterner is open for any EWU student or faculty who wish to write or copy edit news stories.
• Writers' meetings are Mondays at 3:30 p.m.
• Copy editing meetings are Saturdays at 8 a.m.

News Line:

If you have a tip, letter to the editor, press release or an idea for a

story please call The Easterner tip line at 509-359-6270 or the general office line at 509-359-4318.

About your paper:

All content in The Easterner is either produced or chosen by EWU students. Our goal is to provide relevant information to the students, faculty, staff and residents of the communities surrounding EWU.

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The Easterner is distributed throughout the Cheney campus and business district as well as Riverpoint and various Spokane businesses. If you would like The Easterner to be distributed at your business call the Advertising Department at 509-359-7010.

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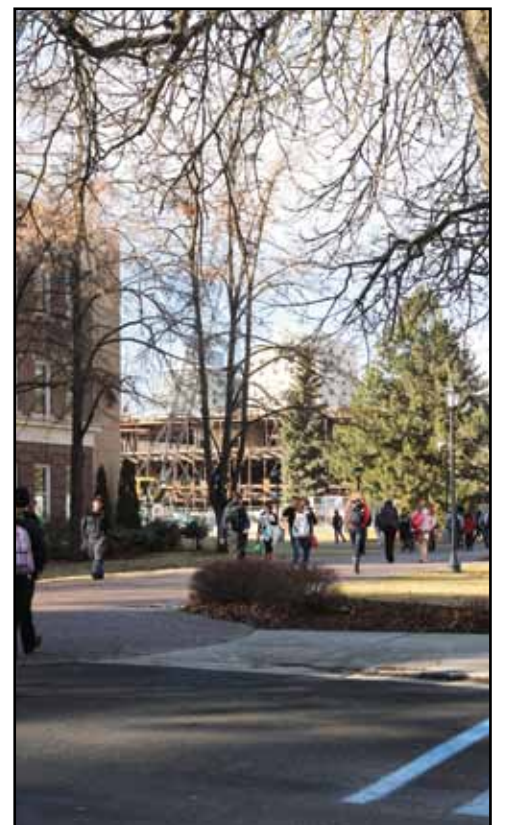
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HISTORY OF EASTERN IN PICTURES



Photos courtesy of EWU Libraries

Commencement, 1977. Family on the edge of campus, looking up the street from the front of Senior Hall toward Monroe Hall and Patterson Hall. We still had a street here, allowing autos to drive in front of Senior, and at the side of Monroe Hall, then between Patterson and Isle halls.

Green Dot Spot

By Karen Wanjico

EWU VIOLENCE PREVENTION
ADVOCATE
kwanjico@ewu.edu

Green dot is significant because it helps people take a stand when they witness something that could potentially lead to violence. It is empowering to know when and how to react. However, Green Dot has an additional strength; it challenges us to be proactive.

Proactive green dots are actions we take before any violence is about to occur. There are many proactive green dots we can do:

- Educate ourselves. Learn why our society has so much violence. For example, read about how gender socialization sets up a power

imbalance between men and women.

- Provide education for others. For example, invite speakers to your group to teach about healthy relationships, healthy sexuality, or self care following a break up.

- Work to change social structures that contribute to violence. By removing disparities and providing services, we can eliminate some of the root causes of violence. For example, research shows that if we provide teen parents with education about child rearing, help them finish their education, and provide social support, their children will be less likely to experience violence.

- Talk to your peers. Never underestimate your abil-

ity to influence others. For example, you say, "I loved this movie" and your friend goes to see the movie. If you say, I believe that "violence is wrong and we need to work to end it. I am going to act the next time I see a high risk situation," your friends are very likely to follow your example.

- Be visible about your support for what green dot is trying to accomplish. Hang a poster, wear a T-shirt, put a decal on your laptop, or wear a pin. Show it off, speak about it. Join us on Facebook. Add a green dot statement to your email.

Green dot challenges us to be proactive. Maybe you don't know what to do when violence is about to happen, but thankfully, by doing proactive green dots, there is much you can do to help change the culture.

should do something to change what's going on. Politics, news, sports, opinion, it's all open for discussion here. Whether it's about the teacher who is giving you a bad time or the teacher who has a bad rap that deserves a letter, it goes here. What's happening in the news? What's going on nationally? What do you think about your world today? We want to hear from you. What did you hear? What did you see? Send us your thoughts. Send us your pictures. We want to hear from you because it's your campus, your voice, your news. Somebody should write in about that horrible thing,

Write us

Club president's new take on training

Brown brings MMA experience to boxing

By Al Stover

SPORTS EDITOR
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Hidden on the second floor of the sports pavilion, posters of professional boxers are scattered all over the walls while the sound of gloved fists pounding on punching bags echoes across the hallway.

While sweaty students wrap up their hands before putting on their gloves, Matt Brown puts down his gloves and begins practice with some conditioning exercises.

Brown, the boxing club president, is taking a new approach to training. He is bringing the experience and techniques he learned from mixed martial arts (MMA) and applying it to train members of the boxing club.

"The previous president is Chris [Holand]," Brown said. "He had to work on his Ph.D. I've trained with him and he cornered my fight in Couer d'Alene, [Idaho] and recommended me to Rick Scott."

Brown's first fight was in 2009. A former member of Sik Jitsu and Hit Pit MMA, he currently trains with the EWU jiu-jitsu club between his fights.

Brown's record is 4-1. His first loss came on April 28, 2011, via arm-bar submission.

"For the fight, I dropped down to 160 [lbs]," Brown said. "I usually walk at 185. I was extremely sick for the fight. As an advanced individual training, I fought down in Oklahoma. I fought for a local club, got my confidence back and won my next [fight]. Now, I've got two more fights lined up."

Brown was selected as boxing club president because of his four years of experience in MMA.

He is also a member of the National Guard and has trained in kickboxing and Muay Thai.

Brown has a mix of emo-



Photo by Evan Sykes

Matt Brown, Brendan Ren, and the rest of the boxing club practice every Monday, Wednesday and Friday. They, along with Josh Strickland, are members of the Sigma Phi Epsilon fraternity.

Matt Brown's stats

Experience:
Four years

Record: 4-1

Weight class:
185 pounds

Favorite fighter:
Urijah Faber

Brown said. "They usually shine the light down, so you only see the cage and not the crowd. It's like this isolated world where you know you're going to fight this guy."

According to Brown, there's two different types of fighters in the cage: Fighters who get angry and fighters, like him, who remember to have fun.

"You don't want to hurt the person for the sake of hurting them," Brown said. "I start laughing, playing around and remember my training. There's no stronger adrenaline rush than stepping in the cage."

In addition to being a fighter, Brown is also a computer programmer, which began as a childhood dream of creating video games.

"I ended up working for Microsoft to save money for school and I loved it," Brown said. "Learning a new language to speak and understand a computer, it's like communicating with a different world."

According to club member Bill Carlson, Brown's approach to training was different than what he experienced in last year's club.

"He's bringing rules to cage fighting and techniques for that," Carlson said. "He's gearing us towards more actual fighting than just conditioning for boxing."

Brendan Ren, who has been in boxing since he was five, is Brown's vice captain.

Although he does miss the focus on actual boxing,

he and Brown still practice boxing techniques in the club, such as body movements, jabs and counterstriking.

"Wednesday, there's more cardio, we work on a lot more offense," Ren said. "Once Friday hits, we mostly spar."

According to Brown, the reason the boxing club is putting an emphasis towards MMA training is because of the rising popularity of the sport.

"I love boxing, but it's on the decline," Brown said. "It's popular everywhere else, but it's losing favoritism in America. More people are interested in MMA and full spectrum stand-up combat than boxing."

Josh Strickland is a first-year member of the

club, whose uncle is a fighter.

As a fan of MMA and boxing, Strickland is glad to have Brown and Ren as teachers.

"If I was doing it on my own, I wouldn't know half as much," Strickland said. "He has a variety of skills. If I get really good at boxing, I'll do that. But if Matt and Brendan really want me to pursue MMA and jiu jitsu, I'll do it with them. It depends to see what they push me to do."

Brown is hoping to stay in the National Guard and get a job as a computer programmer or a technician, while moonlighting in MMA.

"[I want to] still keep on fighting," Brown said. "As long as I'm still good at it, I'm going to keep doing it."

Basketball:

Continued from front page

shooting from the field.

The leading scorer ended up being Colimon, who scored 22 points and dished out six assists. But probably most impressive was the 39 minutes of hustle he showed running the offense and frustrating the opposition with his defense.

Northern Arizona's leading scorer was James Douglas with 17 points, 15 of which came in the first half.

EWU's record now stands even at 8-8.

Just like they finished the second half of the game against the Lumberjacks, there is reason to hope that the Eagles will continue improving in the second half of this season.

The Eagles have already faced the toughest portion of their schedule, including perennial March Madness schools such as Gonzaga, UCLA and St. Mary's. Although the Eagles weren't able to beat these schools, they played well and showed that they can compete.

Chaffee goes from player to assistant coach

Alumna has been coaching four years

By Al Stover

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It's 2006 and senior Raelynn Chaffee is wearing her EWU basketball jersey. She stands in the center of Reese Court, as practice is about to begin.

Let's fast forward to 2011. Chaffee, a 2007 graduate, is in her fourth year as an assistant coach for the women's basketball team.

Chaffee, a four-year letter basketball player and volleyball player from Boise High School, was sold on playing for Eastern Washington after she visited the university with her parents back in 2002.

For Chaffee, playing basketball at the college level was a dream come true.

"When I was little, I would always look up to [college basketball] play-

ers thinking, 'Oh my gosh, you're grown up, you're so cool,'" Chaffee said. "When I got there, I realized I was that person to other little kids."

Allison Hewa also played basketball for Eastern from 1998-2002.

Hewa was a graduate assistant for head coach Wendy Schuller when Chaffee first played. Hewa had been recruited under a different coaching staff during her days as a player.

"I've seen the program go from winning a couple of games to winning a league championship," Hewa said. "There's a lot of stability and family atmosphere that's been integrated into the program."

For Chaffee, who had worked at Lincoln Marketing Group before coming back to EWU, transitioning from a player to a coach involved a lot more work outside of the court.

"As a player, you don't realize how much goes on behind the scenes. The recruiting or travel stuff and how much office work you really have and how hard coaches work outside the two and a half hours they are on the court," Chaffee said.

For junior Carrie Ojeda, knowing Chaffee and Hewa played at Eastern

Chaffee's EWU career

Played from 2002-2006 in a total of 113 games

Scored 135 points her freshman year

Averaged 4.2 points in her four-year career

Made 63 percent of her free throws

In addition to working with post players on the court, Chaffee makes travel arrangements for the team, and helps players with their school work.

"Sometimes, my role is more of a tutor if they feel they need help understanding their assignments," Chaffee said. "I'm not very helpful when it comes to explaining math, but I like helping them develop ideas for writing projects."

Although she did not understand everything in the beginning of her coaching career, Chaffee has learned to make things easier over the years.

"When I first started, I had a bit of a learning curve," Chaffee said. "Schuller's been great, taking me aside and teaching me how to coach. Once you help understand what you're doing, it helps streamline the process a little bit."

While she has asserted herself as a coach, Chaffee still misses playing on the court with her teammates.

"You spend so much time together and you go through so much; you really become a family by the time you graduate," Chaffee said. "Most of my greatest college memories involve those girls."



Chaffee



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EWU Sports in Brief



Cooper

Cooper captures Scholar Athlete of the Month award — Chene Cooper, senior point guard, was named the January Scholar Athlete of the Month. Cooper, a criminal justice major, is second in points for the Eagles with 171 with an average of 10.1 points per game. She had previously won the Scholar Athlete of the Month in March 2011. She was also selected for the 2011 Big Sky All-Academic Team.

Lady Eags defeat Northern Arizona Lumberjacks — The Eagles defeated the Northern Arizona Lumberjacks 74-56, Jan. 7. Junior center Carrie Ojeda had a career high of 20 points while senior Brienne Ryan ended the night with 14. Freshman forward Melissa Williams also had a career high of 10 points. Senior Chene Cooper had seven assists. Eastern began Big Sky Conference play with a win over Montana State 79-73, Dec. 29. The Eagles are now ranked second in the Big Sky Conference.

Kicker and safety selected for Academic All-Star Team — Senior kicker Mike Jarrett and junior safety Jeff Minnerly were selected for the 14th annual Football Subdivision Championship Athletics Directors Association Academic All-Star Team. Jarrett, who is double majoring in communications and government, currently has a 3.45 grade point average. Minnerly, a finance major, has a 3.82. Both Jarrett and Minnerly were also selected for the Big Sky All-Academic team.

Page named British Basketball Player of the Year — Eastern alumna Julie Page was named as the 2011 British Basketball Player of the Year. Page, who played for Eastern from 2004-2006, helped lead her team Standard Life GB to the second round of the Euro-Basket Women's 2011 tournament. She will be competing in the 2012 London Olympics. Prior to playing for Standard Life GB, Page has played for the British National Team, and the German team TV 1872.

Stuckey re-signs with the Pistons — Former Eagle Rodney Stuckey re-signed with the Detroit Pistons. According to the Associated Press, Stuckey signed for three-years for \$25 million. During his time at Eastern, Stuckey was first drafted by the Pistons back in 2007. Stuckey has averaged 13.6 points and four-and-a-half assists during his four years with the Pistons.



Photo by Al Stover

Cole Jackson lifts weights as No Doubt's "Don't Speak" blasts through the fitness center's speakers. Jackson is one of several students who go to the URC to work out.

Students flood the gym to start New Year

Resources available to lose extra pounds

By Kyle Franko
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People commonly greet the New Year by proclaiming a resolution to start exercising, lose weight and get in better shape. By February, it is all forgotten.

So, how to reverse the trend? Maybe this is the year a resolution can be made and followed, beginning right now in the winter quarter.

Eastern's 15,000 square-foot University Recreation Center (URC) offers a handful of personal trainers available for both one-on-one and group sessions. It also features a climbing wall, an indoor running track, a skating rink and a

court for basketball and volleyball.

Daniel Klemme, a sophomore from Cheney, has been a frequent visitor to the URC.

According to Klemme, he decided this winter break to cut a few pounds.

"No one is going to change it for you," Klemme said. "You just got to do it."

According to Klemme, some people dread going to the gym and putting in the time to work out.

"If you tax yourself too much, you're going to say it's not worth it," Klemme said. "That's why it has to be lifestyle. It has to be something you look forward to."

According to Efrain Sanchez, a URC fitness trainer working on his master's in exercise science, he sees a lot of new faces come into the gym at the beginning of the winter quarter.

"So many people at the beginning of January start out strong," Sanchez said. "They're doing so awesome. First month, they see great results and then in the next [few] weeks, they may plateau a bit. They get frustrated and say, 'This isn't working,' and they quit."

If someone begins exercising after the new year begins, Sanchez advises that they should start out slow, do something pretty easy, see how their body reacts and increase the level of exercise from there.

According to Sanchez, if someone completes a workout and finds himself or herself to be very sore the next day, then it is a sign to do something a little easier.

It needs to be a lifestyle change rather than a diet or a New Year's resolution, according to Sanchez.

"Anybody can lose

weight for a month, but it's a lot more difficult to lose the weight, keep it off and maintain it for the rest of your life," Sanchez said.

According to the Centers for Disease Control and Prevention, about one-third of U.S. adults are obese.

The holiday months are often a time when we all put on a little extra weight, whether it is a large Thanksgiving meal, Christmas cookies or celebrating New Year's Eve late into the night.

A study conducted by the National Institute of Child Health and Human Development and the National Institute of Diabetes and Digestive Kidney Diseases found Americans gained about a pound during the holiday season.

College students are susceptible to gaining weight during the winter break.

University of Oklahoma researchers weighed 94 college students before and after Thanksgiving and found the average weight gain to be about one pound.

Adding an additional pound of weight may seem worth it when considering whether or not to have a second piece of pumpkin pie, but the study indicated that the weight was never lost over the remainder of the year.

As stated by Klemme, it helps him to set short, attainable goals to keep that extra pound off.

"You have to have specific goals," Klemme said. "Like, 'I want to get healthier,' isn't a goal. That's way too broad. Say you want to bench 315 [pounds], that's a goal."

"My all-time goal is I want to look good naked. Isn't that everyone's goal?"

Lind exemplifies prototypical student athlete

Senior to finish indoor track career

By Kyle Franko
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In his final year competing in Eastern's red and white for the men's track team, senior Kersee Lind is going to try to sprint, lunge and throw his way to an indoor heptathlon Big Sky Championship.

After redshirting the 2011 indoor season, Lind, a Spanish major, started the 2012 campaign in the Candy Cane Invitational, breaking his own school record of 5,033 points by compiling 5,132 points on Dec. 3.

Lind's performance in the Candy Cane Invitational has already qualified him for the Big Sky Indoor Track and Field Championships in Flagstaff, Ariz. this coming February.

According to Lind, his path to his final year has been a long road but he is excited to see how the season will unfold.

"Every day, it's kind of like, 'Okay, this is our last Jan. 5 practice so let's see what we can do and get what we can out of it,'" Lind said.

According to men's head track coach Stan Kerr, it is Lind's attitude towards training and preparing to compete that helps set him apart.

"He comes into practice as an upbeat and positive individual every day, and boy, that's

a great thing to ask for," Kerr said.

After five years of practicing and competing in track meets, Lind has become comfortable in the various settings within the conference, including Flagstaff.

"I think back to my freshman, sophomore meet. ... You feel like you're a boy among men a little bit," Lind said. "Not so much maybe physically, ... just the experience, just confidence as far as, 'Okay, I've been here. I know what I'm doing.'"

According to Lind, every event is a new challenge.

"You just have to focus all your energy in that one event and count on there being a little, kind of an ebb and flow, a little up and down, and just do what you can every event, every attempt, every jump, every throw," Lind said.

Historically, Lind's strongest event has been the 1,000-meter long distance race, the final event of a heptathlon.

"If Kersee's built a nice lead going into the 1,000 [meter] or is within striking distance, I would not want to be close if I know I have to run against Kersee Lind in the 1,000 [meter] to win it," Kerr said. "Chances are you're not going to win it. He's going to beat you."

Assistant coach Jon Hill echoes Kerr's assessment of Lind's abil-

ity to finish strongly in the 1,000-meter.

"We've had situations where [Lind] is 35 seconds behind," Hill said. "We calculate, 'You need to beat this person by 35 seconds,' ... and he'll beat them by 42 seconds."

Track and field is not the only place Lind has found success. A two-time Eastern scholar-athlete of the month, Lind has managed to find balance between being a student and an athlete.

"I don't think I've ever seen him satisfied with anything athletically [or] academically," Hill said. "He's always trying to push to the next level. You can see that by the classes he takes on [and] the minors he picks up. He could just come in with a major, but he picks up extra things on top of that. Then he volunteers and then he does service trips during the summer."

At the end of the day, Lind's coaches continually praise their fifth-year senior.

"He perfectly characterizes what you look for in a student-athlete," Hill said.

Lind's exposure to the sport began at an early age in Hermiston, Ore. where his dad coached high school track.

"When I talk about a meet or practice or something like that [at home], it's not this foreign thing," Lind said. "They understand, they can relate and support."

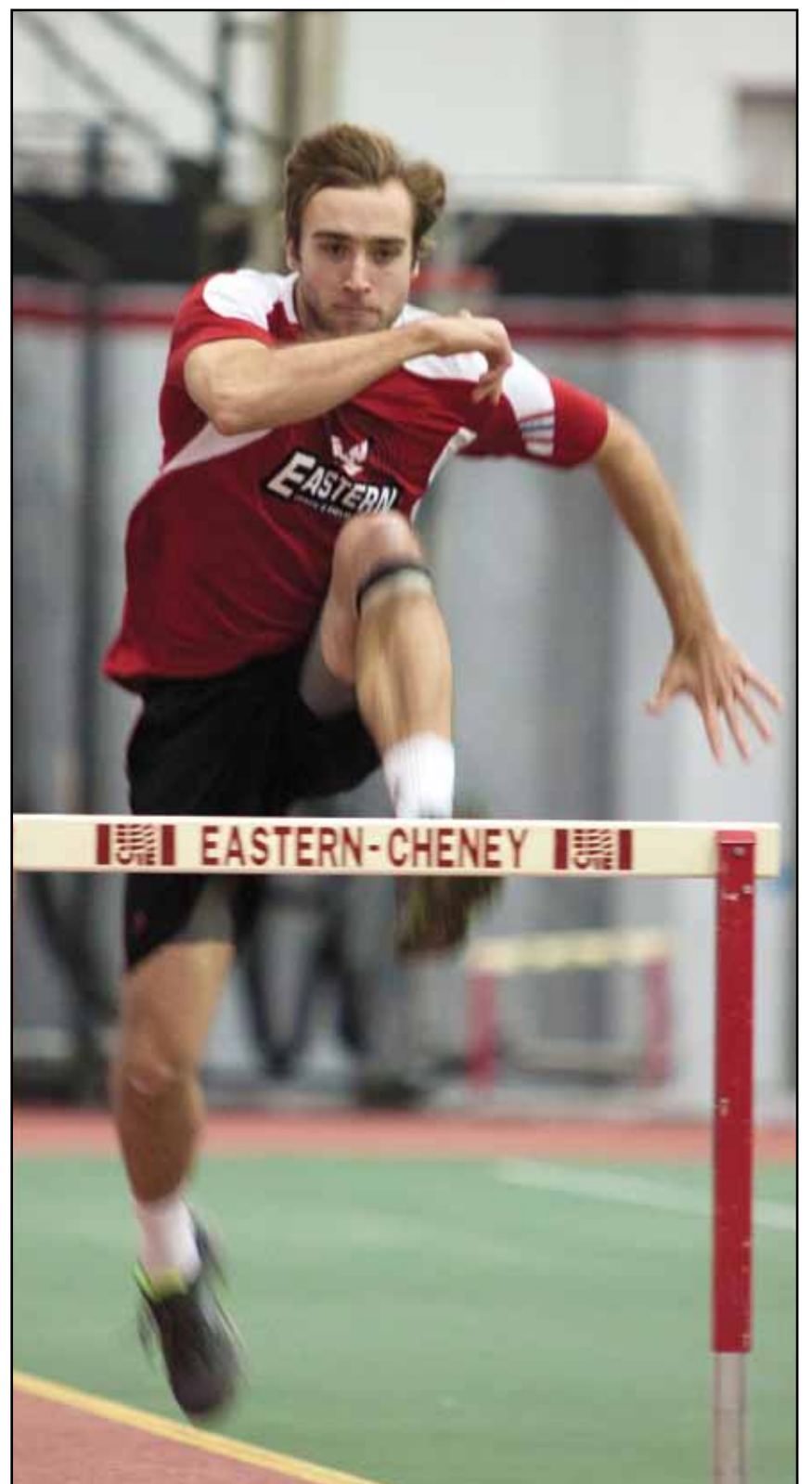


Photo by Evan Sykes

Kersee Lind has qualified for the 2012 Big Sky Indoor Track and Field Championships.