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Head soccer coach steps down

By Ashlee Coffey
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After 14 years as the women's head soccer coach at Eastern, George Hageage has decided to step down when his contract ends on Nov. 30.

"When we brought Julio [Morales] in as the assistant coach, the administration sat down with the coaching staff and discussed where we wanted the program to go. We basically fell short. That is why between the group of us [Pam, Bill and myself] I decided to step down," Hageage said.

Assistant coach Julio Morales will be taking over on an interim basis. "I am not sure what the plans are at this point for the long run of things. I am not sure I will be taking over on a long term basis," Morales said.

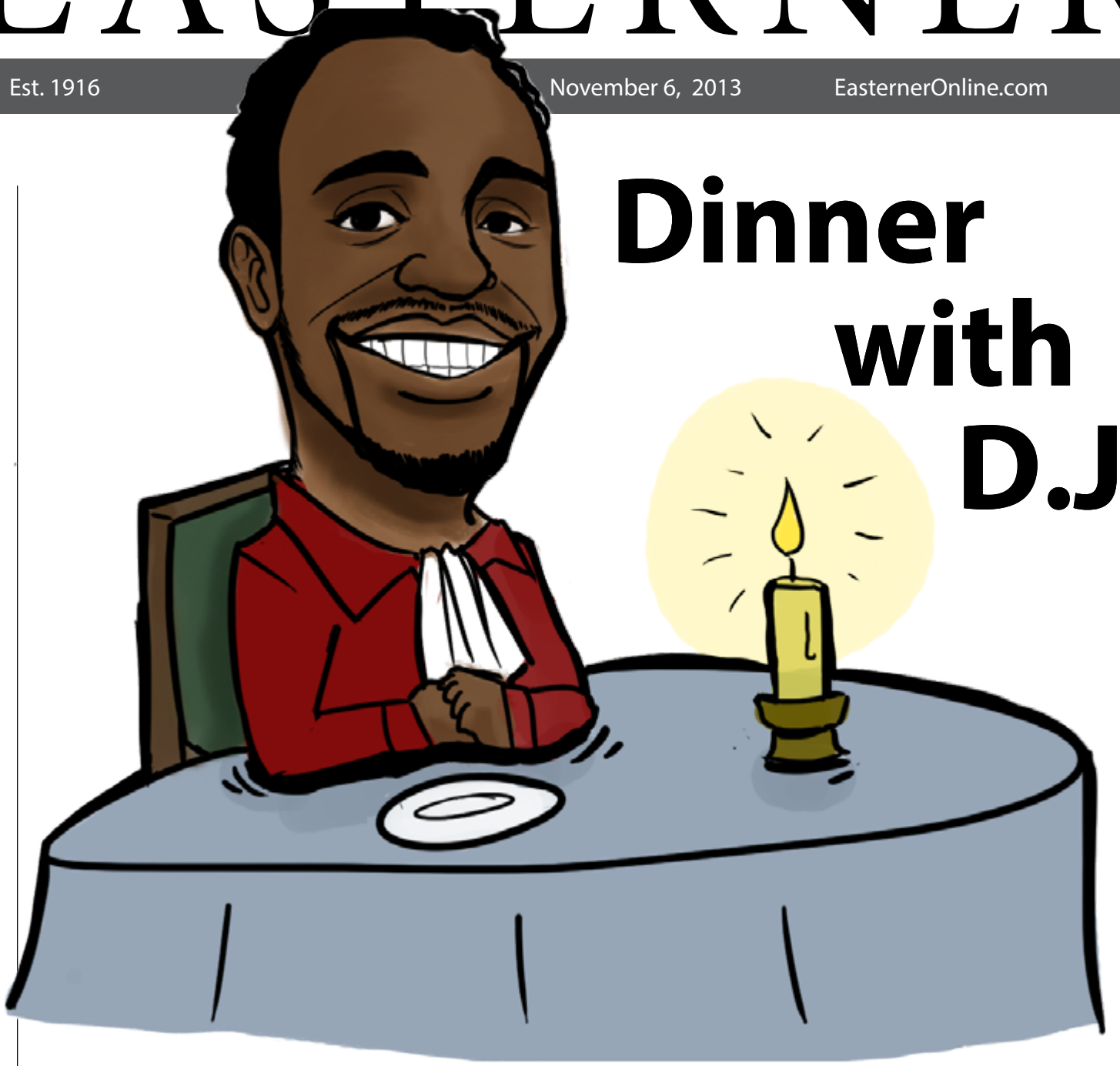
However, in the event that interim coach Morales does take over on a long-term basis, he already

has a few things he wants to do with the team next year. "I want to continue to work with the team. I want the team to rejuvenate, refresh, regroup, and then rebuild. That will start in the weight room in the winter and continue on into the spring."

Junior defensive player Jessica Wallace will be returning next year as a senior under a new coach. "I think anyone would feel nervous about a new coach their senior year. It is Division I soccer. Change will always be a constant thing in our sport. All the team can do is work hard this offseason to ensure success next fall. Each and every one of us have things that we can do to better ourselves."

This season was not a great one for the Lady Eagles. Finishing with a 3-13 record and 2.9 shot percentage, there was no hope for making the playoffs.

COACH - PAGE 10



Dinner with D.J.

Illustration by Vania Tauvela

By Shannon Bedell
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On Oct. 22, D.J. Jigre, ASWEU President, gave The Easterner the opportunity to learn more about him while having dinner with us at El Rodeo.

Inside:

Suicide prevention



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Guidelines for recognizing and preventing suicide

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Veterans Center offers support, honors those who served

Opinion: Night Safety



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Be safe while travelling around campus in the dark

Feature: Nicole Baldwin



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New sports psychology consultant reinvents golf team's attitude

The Easterner:

Tell me a little bit about your background and what led you to Eastern.

D.J. Jigre:

Originally I was born in Ethiopia, like the horn of Africa. We came to the United States in 1999. When we came to the United States we were in California. We lived in California for about eight to nine years and then my dad got a job in Washington, and we came here in 2004.

In 2004, my family came here but my dad actually didn't come with us because he had a business in California, so it was back and forth for him while the family was in Renton, Wash.

Between the family being in Washington and my dad being back and forth, it wasn't working out for him so we just decided to go back to California. We moved back to San Jose and stayed there about a year and half until we came back to Washington in 2006 and this time my dad actually came with us.

He shut his business down, which was a taxi company and he was an entrepreneur. Anything that he sees as a potential business or gets his hand on would be like a gold minefield, its just gold. We came to Kent, Wash., and I've been here since 2006. I went to Kent Meridian High School, which I like to consider the best high school in the state of Washington. That is my Royal's pride speaking right now.

Ever since then I have been in Washington and consider myself a Washingtonian. I love this place and love the environment.

When I first came to Kent, you actually won't believe it, but I was very shy type. I never talked to anybody I never socialized. I was just very quiet. If you saw me six or seven years ago you wouldn't recognize me. I wasn't outgoing.

One day, you know when you're quiet, people pick on you. Let me tell you, when you are quiet you get bullied and they assumed that I was dumb. I wasn't smart and I sucked at sports. I got chicken legs, any name you can come up with I was given.

But then one day I just couldn't handle it. A teacher of mine, I don't recall his name or anything, but he used a discriminatory term towards me in regards to what I can and cannot do and that's when I actually spoke my mind and first opened my mouth, butterflies just came out of my mouth and was just so phenomenal. I just couldn't take it anymore. That was when everything I knew - quiet, shy - got boxed away and I will speak for who I am and from my heart and let people know I am not just a normal individual. So I spoke out.

The Easterner:

When you came to the United States did you speak English prior to that?

D.J. Jigre:

No. Nope. None whatsoever. Zip.

The Easterner:

What was the process like trying to learn English?

D.J. Jigre:

Okay, so, when I came to the United States I knew Hermetic, Arabic, Swahili and Somali. Then I came to the United States I was trying to retain all four of those languages, plus English, which was exceptionally hard. So I said, you know what I don't think I can do this.

Learning as a child was very difficult because when I came I was like holy cow, this is ridiculous where am I even at?

As far as a civilization goes, Ethiopia, which now is caught up with roads and lights and everything, but back then there was nothing.

So I think that is one of the reasons why I really cherish life because I know the difference between how I grew up and what type of life I have here. I always try to base my life off of what I used to be and what I used to have. My morals and values come straight from my background.

The Easterner:

What made you want to come to Eastern?

D.J. Jigre:

I like to think I didn't pick Eastern. I like to think it was mutual. It chose me and I chose it.

One of the things that influenced me in terms of choosing Eastern was my mentor in high school. He worked with the College Success Foundation. Junior year there was a scholarship, the Bill Gates Scholarship through the College Success Foundation, also known as the Achievers. It's for low-income first generation students.

Once I got the Achievers, we got a mentor and started applying to schools. My mentor's rule was no matter what colleges you have, you automatically have to apply to Eastern. Being able to be mentored by him was like a door, and he knocked on my door and gave me an opportunity. Someone knew Eastern was for me and I am thankful for that.

The Easterner:

What is your major?

D.J. Jigre:

My major is communications with a minor in Intercultural studies with a leadership certificate.

The Easterner:

Why did you want to be involved with ASEWU?

D.J. - PAGE 5

Upcoming Events:

Students can visit the JFK Library from now until Nov. 15 to honor a veteran with a note or a picture. This display is sponsored by the EWU Veterans Resource Center. Campus will also be closed on Nov. 11 in honor of Veterans Day.

A university Thanksgiving luncheon will be held on Nov. 22 in the Reese Court pavillion at 11:30 a.m. This event will include a traditional Thanksgiving meal, along with an awards banquet honoring Eastern employees' services. Tickets cost \$6.50 until Nov. 15 and \$7.50 after Nov. 15.

Assistant professor in government at EWU, Majid Sharifi, will be releasing his new book "Imagining Iran: The Tragedy of Subaltern Nationalism." The book release will occur from noon to 1 p.m. on Nov. 6 in the JFK Library.

The women's volleyball team have two upcoming games, which will occur Nov. 7 and Nov. 8 in Reese Court at 6 p.m. The football team will also be at home, as they take on Montana State on Nov. 9 at 12:10 p.m.



visit easterneronline.com

Opposing challenge courses grapple over pricing options

Local business, Adventure Dynamics, makes policy claims on the EWU course and their rates

By Eric Long
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Will Parks, owner of Adventure Dynamics, a challenge course in Nine Mile Falls, Wash., claims that Eastern is breaking its own policies when it comes to relations between its commercial activities and the private sector.

Adventure Dynamics is the only privately owned challenge course in the Inland Northwest.

According to Laurie Connelly, associate to the EWU president, Eastern does have a commercial activities policy that was adopted in compliance with state law that states they must consider the private sector when setting up any commercial activity.

The challenge course is exempt from this because it is considered a course of instruction, a part of an academic or vocational program. Even if fees are collected, it is still a course of instruction.

"The real concern is that, which Mr. Parks has expressed his view on this, is that we are undercutting him because we don't have the same costs that he does," said Connelly.

She said that when prices for Eastern's challenge course were being determined, the school looked into other universities' challenge courses, such as Western's and Central's, and based prices for Eastern's on theirs.

Parks has challenged Eastern's prices several times. According to Connelly, Eastern's challenge course prices are average when compared to other universities' challenge courses around the area.

Connelly said that Eastern will review their prices when Parks is willing to present his.

Another claim that Parks has is that students are getting paid to instruct the course while they are still working on becoming certified.

According to Chris Cindric, director of Eastern's challenge course, this is not true.

He said that students do work for the challenge course, but that they have to be certified to do so.

"We have a minor in challenge course management and leadership and we also have a certificate, so there are two different realms that students can go to," said Cindric.

What makes Eastern's challenge course program strong at what it does, according to Cindric, is that it follows the guidelines of the Association for Challenge Course Technology.

ACCT, according to Cindric, is the "mother organization" that sets all of the guidelines for ethics, construction, maintenance and practitioner certification within the industry.

Cindric also said that there is no advertising for Eastern's challenge course. It is all word-of-mouth.

Eastern does not host private events at their challenge course. According to Cindric, this includes bachelor or bachelorette parties and birthday parties among other private events. Eastern only hosts well-known, distinguished groups and organizations.

A lot of groups they do work with involve troubled children who may need that extra boost to go further in their lives.

Minimum wage increase discussed

Washington state retains high hourly wages

By Chris Mudd
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Earlier in the year during President Barack Obama's State of the Union address, the president brought attention to a campaign pledge he made to raise the federal minimum wage to \$9 an hour.

"Tonight, let's declare that in the wealthiest nation on Earth, no one who works full time should have to live in poverty, and raise the federal minimum wage to \$9 an hour," the president said.

Although 18 states, including Washington state, have a higher minimum wage than what is federally mandated, the federal minimum wage remains at \$7.25 per hour.

According to the Center for Poverty Research, an employee who works 40 hours a week at the \$7.25 pay level will make \$15,080 annually. While this is sufficient to surpass the poverty line for a single individual, that income will only cover a fraction of the estimated cost of living for a family of four, or \$48,778 a year.

What brings the issue even more attention is the record-setting amount of income the richest Americans are bringing in compared to the poorest. USA Today reported in September that "the top 1 percent of the earners in the U.S. pulled in 19.3 percent of the household income in 2012."

A study published by the Center for Economic and Policy Research said, "If we look at the minimum wage 44 years ago, and simply adjust it for inflation, it would be more than \$10 today."

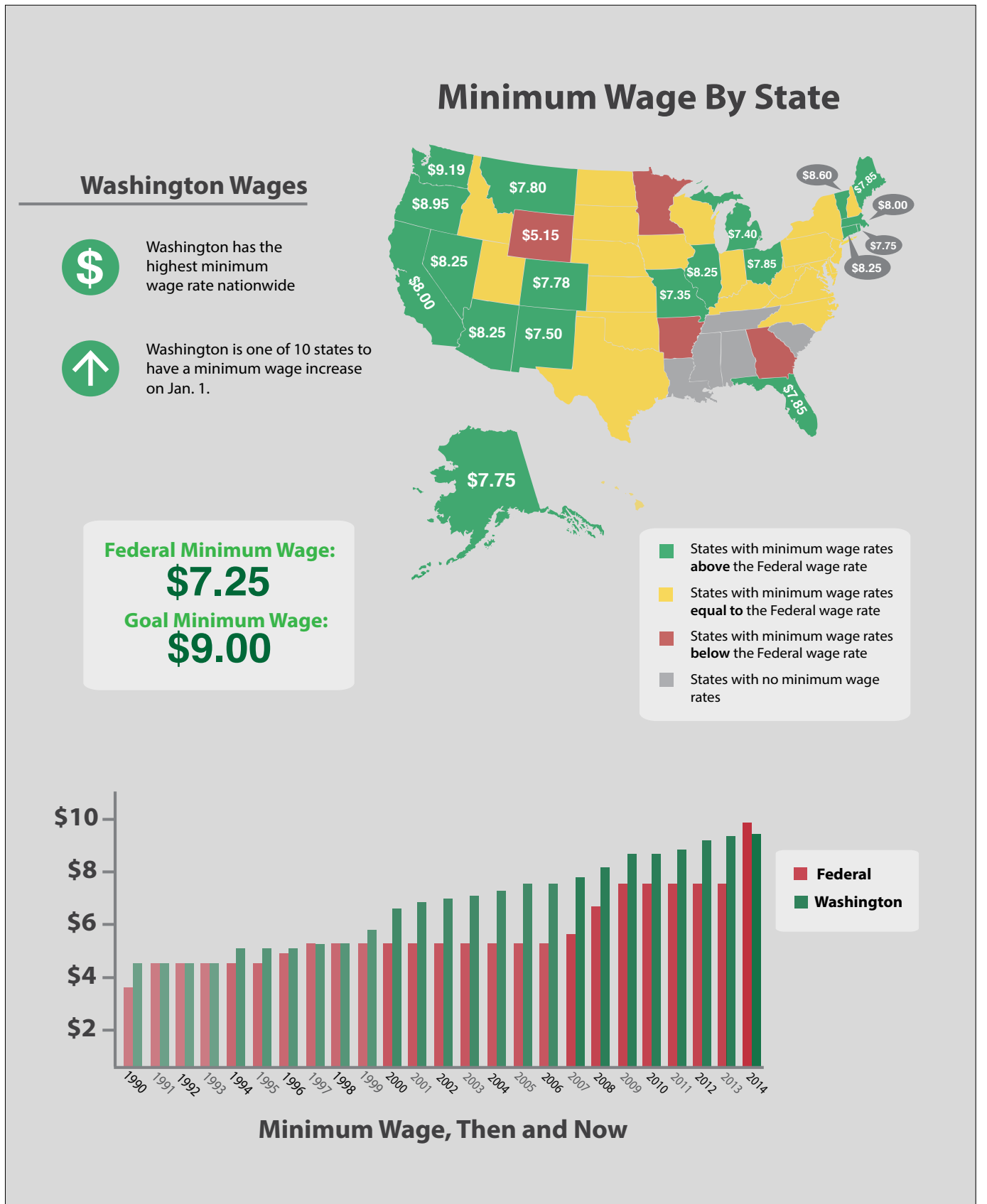
However, there are many arguments against the implementation of wage increase. Some, like David Neumark of the department of economics at the University of California-Irvine, claim that increasing the minimum wage will force employers to hire less, which will in turn do more harm than good.

"There likely would be an effect on jobs, though the affect in Washington state specifically would be minimal," Professor David Bunting, chair of the EWU economics department said. "Statistically, the wage increase would affect about 12 million people, but you can line up every economist in the world and not come to any conclusions."

According to Forbes, the average student loan debt in 2011 was \$30,000. Is the income from a minimum wage job enough to sustain a student while they are attending a university? Combined with financial aid and federal loans, students with jobs are finding ways to manage their time.

A proposed new set of bills introduced by the president in August aims to lower the cost of tuition by using a system that ranks colleges based on a variety of factors including the debt and earnings of graduates. The proposed plan looks to be in place by the 2015 school year.

"If I didn't have this income, I would have significantly less to spend on food and gas," Dylan Blackhorse-von Jess, a student employee within the EWU Theatre Department said. "It's nice to have a little to spend on video games or like ... a manicure or something."



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With the suicide rate averaging two deaths per week among Washington state youth, what can we do to *Prevent Suicides?*

By Nicole Ruse

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Suicide is the third leading cause of death among youth aged 10 to 24, according to the Centers for Disease Control and Prevention.

According to the CDC, approximately 4,600 young adults commit suicide each year in the U.S. Within that age group, specifically in Washington state, an average of two youths die by suicide each week, as stated by the Youth Suicide Prevention Program, which is based out of Seattle.

Sabrina Votava, Spokane Area Field Coordinator for YSP, said about 90 percent of people who die by suicide are suffering from a diagnosable mental health issue at the time of their passing. She states that the most common mental health problems that can lead to suicide ideation are depression, bipolar and schizophrenia, and often are co-existing with substance abuse issues.

"Some of the triggers on top that we see really could be anything. ... The most common theme is that it's a loss," said Votava.

According to the CDC, a suicide attempt is when people harm themselves with the intent to die, yet do not. Suicide ideation is the thought process of people seriously considering killing themselves.

According to Tricia Hughes, Director of Health, Wellness and Prevention at EWU, Eastern took part in the American College Health Association National College Health Assessment II in spring of 2012.

EWU students who were surveyed answered various mental health questions. The findings showed that 28 percent of those surveyed "felt so depressed that it was difficult to function" in any time within the last 12 months, 5.9 percent seriously considered suicide within the last 12 months that the survey was taken, and 2.3 percent of the students at EWU who participated in the survey also said they "intentionally cut, burned, bruised or otherwise injured themselves" any time within the last 12 months. Of those who actually attempted suicide, 0.4 percent said they did in the last 12 months.

"It's an issue," said Hughes. "When you look at these percentages, they seem really small, but when you think of the campus, roughly 12,000 students on campus, then the numbers get bigger than sometimes we're comfortable with them being."

Sandy Williams, Pride Center Coordinator at Eastern, worked for YSP for four years before coming to Eastern. She said that suicide can be seen as a scary topic, which is why it is not talked about a lot.

But knowing the different factors, warning signs and triggers for suicide can be beneficial for saving someone's life.

"All you have to do is keep your eyes and ears open and you can save somebody's life and people sort of get into that. I think talking about it more is one of the best things we can do," said Williams.

According to Williams, there are risk factors and protective factors. Protective factors are elements of a person's life that are successful in keeping someone protected from suicide, even if they are at risk for suicide.

Hughes understands that a lot of what it comes down to is a student's inability in knowing the warning signs.

"Students don't know what to do," said Hughes. "If a friend starts exhibiting behaviors that might be suicide, like mark a change in behavior, in dress, giving away favored possessions, saying,



Photo Illustration by Laura Jones

For many students, maintaining proper mental health can be a daily struggle.

'Life would be better if I wasn't here,' you know, things like that. I don't feel the general public knows how to intervene with that."

Another major factor contributing to the fear of suicide is asking someone if they feel suicidal.

"There is a common myth that if you talk to someone directly about suicide, if you ask them if they're thinking about suicide, that that will plant the idea in their head and that if they weren't thinking about it before that they'll now be thinking about it and that you put that person at risk. We know that that is absolutely untrue," said Votava.

Asking the right questions, as well as enabling the proper support system and resources for those who need help, is a huge element in overcoming the fear behind suicide on college campuses.

An EWU junior, who requested his name not be used for identity protection, overcame suicide ideation in October 2012. He seriously considered attempting suicide after recently coming out to his parents and enduring a hard break-up, which resulted in him breaking down on his kitchen floor.

"I sat there and just cried. ... Eventually, I went back into my bedroom and sat up all night. The next morning, I texted my mother saying I couldn't talk on the phone, but I could text her and told her what happened. She said that she was on her way and she came and got me. We went to Deaconess Hospital," he said.

The EWU junior felt scared going to the hospital after his emotional breakdown. At that point, he said he did not want to commit suicide anymore. Hospital staff took his situation very seriously.

"We didn't see the waiting room at all.

They took me straight back and they had security guards by my door," he said.

A nurse analyzed every scratch and scar on his entire body and asked how he obtained every one. The doctor came in shortly thereafter and gave him medicine to calm his nerves, as well as asking for a urine and blood sample.

"It was quite the ordeal. It was not something I had ever expected but that's not how I thought it was going to happen. It felt as if it was an attack on me. It wasn't comforting; it was very raw, like I felt very exposed," he said.

A woman from Human Resources came down to discuss his mental health options. They asked him various questions, such as if he was hearing voices and his plan to kill himself. They discussed whether it was best for him to go home with his parents or be entered into a psychiatric hospital.

"I ended up going home with my parents," he said. "They made an appointment for me to see a Rockwood psychologist the next day, which I went in and saw him and he started me on Prozac. From there, it was a series of year-long counseling."

According to Williams, many LGBT people experience a loss, from their identity to their home. This puts them at risk for suicide.

"There can be a tremendous amount of loss that LGBT people experience, and the more loss you experience without having a support system or resources to address those losses, the more at risk you are," said Williams.

The LGBT community is largely affected by suicide. According to YSP, LGBT youth can be at an increased risk for suicide ideation and attempts due to

an increased number of risk factors. More than 30 percent of LGBT youth reported at least one suicide attempt within the last year.

Votava made a point that there is fear of rejection within those in the LGBT community, especially when they have to come out to different people, or groups of people, all throughout their life. With that, comes the fear of how they are feeling and a sense of what their identity is.

Votava recalls a moment during her training where she talked to a young man that shared with her that coming out was a challenge for him. With being a white male, he was in the majority, especially in Spokane.

He claimed that he had never been a minority in his life, and when he decided to come out, he said, "For the first time in my life, I was a minority. That was a big transition for me."

According to the YSP, more than half of openly transgender youth will have had at least one suicide attempt by their 20th birthday, based on national statistics. Williams stated that there are more resources for LGB people than for those who are transgender, as well as a lack of support.

"Sometimes, transgender people are not even accepted within the LGB community," said Williams. "A community that can offer support, doesn't."

According to Votava, men are more likely to choose a lethal method of suicide, thus their rates of suicide are significantly higher.

Women have a high risk of suicide, but they are more likely to be hospitalized for thoughts of suicide or for an attempt. Women are also more likely to speak out about their emotions and mental issues in comparison to men, because men do not want to be seen as weak.

Votava said that some people who suffer with various mental health issues can have a difficult time seeing other options, besides suicide, when it comes to dealing with the pain they feel, yet many persevere in wanting to get help.

"They're struggling with a part of them that wants to live, because there's a reason why they're still here and life is a very strong force, but then there's part of them that wants out of how they're feeling," said Votava.

Amy Johnson, dean of students at EWU, said that the dean of students office has an open door policy for students who want to be connected to help and resources for themselves or for a friend.

If students notice another individual who may be going through a hard time,

Johnson encourages them to reach out to her office. From there, they can be given the proper assistance based off of their situation to ensure their success at Eastern and with their personal life.

The EWU junior knows that his mental health is a daily

struggle. He claims that his grades have improved greatly and school is not as stressful as it used to be. He has been in a successful six-month relationship as well.

"To be perfectly honest, I don't think that I could have done it without the support of my family and friends. My mom stood up and was a really big help during the whole process and was very strong, even though I knew that her heart was breaking about it," he said. "It's still, to this day, it's something that's a constant battle. It's not as big of a battle as it was a year ago, but it's definitely ten times better now. Hopefully, the future looks bright from here."

"To be perfectly honest, I don't think that I could have done it without the support of my family and friends."

EWU Junior

"All you have to do is keep your eyes and ears open and you can save somebody's life."

Sandy Williams

SIGNS

- Talking about wanting to die; feeling hopeless, trapped or in unbearable pain; being a burden to others
- Looking for a way to kill oneself
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

WHAT YOU CAN DO

- Ask them if they are thinking about killing themselves
- This will not put the idea into their heads, or make it more likely that they will attempt suicide
- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255)
- Take the person to an emergency room or seek help from a medical or mental health professional
- Remove any objects that could be used in a suicide attempt
- If possible, do not leave the person alone

RESOURCES

- <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/index.html>
- <http://www.samhsa.gov/nssp>
- <http://www.actionallianceforsuicideprevention.org/NSSP>
- <http://www.suicidepreventionlifeline.org>
- <http://www.sprc.org>

Harvest Fest brings families to campus for trick-or-treating fun and games



Photo by Karissa Berg

Aya gets a look at the final results of a volunteer's handiwork at the Harvest Fest face painting station.

By Kailee Dunn

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Monsters and minions and monkeys, oh my! The characters were out to play during this year's Harvest Fest.

On Halloween, the Office of Community Engagement held the community event with more than 350 children and their families in attendance and an estimated 150 students who volunteered to help.

The costumed volunteers walked children and their families from one building on campus to the other. At each building, professors and staff were anxiously awaiting trick-or-treaters to hand out candy.

"Harvest Fest is a fun and safe atmosphere for kids and families in Cheney to come and enjoy," said Gabby Ryan, Eagle Volunteers Program Coordinator.

Ryan oversees a new program on campus called Eagle Volunteers. This program provides students with volunteer opportunities, like a Harvest Fest tour guide.

"It was so fun to see all of the costumes that they came with," said volunteer Yesenia Lazaro. "The parents are creative."

Volunteers were dressed up as anything from members of the Black Eyed Peas to Jack Skellington from "The Nightmare Before Christmas."

According to Lazaro, who was representing the Alpha Kappa Si business fraternity, this was a great way for clubs and organizations on campus to give back to the community.

Eagle Pride also had members volunteering.

Braden Cooper, from Eagle Pride said, "I always like hanging out with the kids and giving back to the community in any way I can."

According to Molly Ayers, Director of Community Engagement, all local pre-schools, grade schools and families from Fairchild Air Force Base were invited to attend.

The Office of Community Engagement and the Eagle Volunteers program intend to complete the two or three service projects a quarter.

For those interested in the Eagle Volunteers program, there are also ongoing opportunities within the community. Eastern students may participate as a mentor for a child at one of the Cheney schools or participate in the Feed Cheney program at the Community Center.

The next Eagle Volunteers service project is expected to be for Martin Luther King Jr. Day, according to Ryan.

The Office of Community Engagement took over Harvest Fest from Women and Gender Studies who have run this event in years past. Ayers was extremely pleased with this year's turnout and is excited to see how the event will grow.

To volunteer for any of the upcoming Eagle Volunteer events, register online on the Office of Community Engagement's page on the Eastern website. For more information on volunteer opportunities, email Ryan at CEAMericorps@ewu.edu. For more information about the Office of Community Engagement, email Ayers at mayer1@ewu.edu.

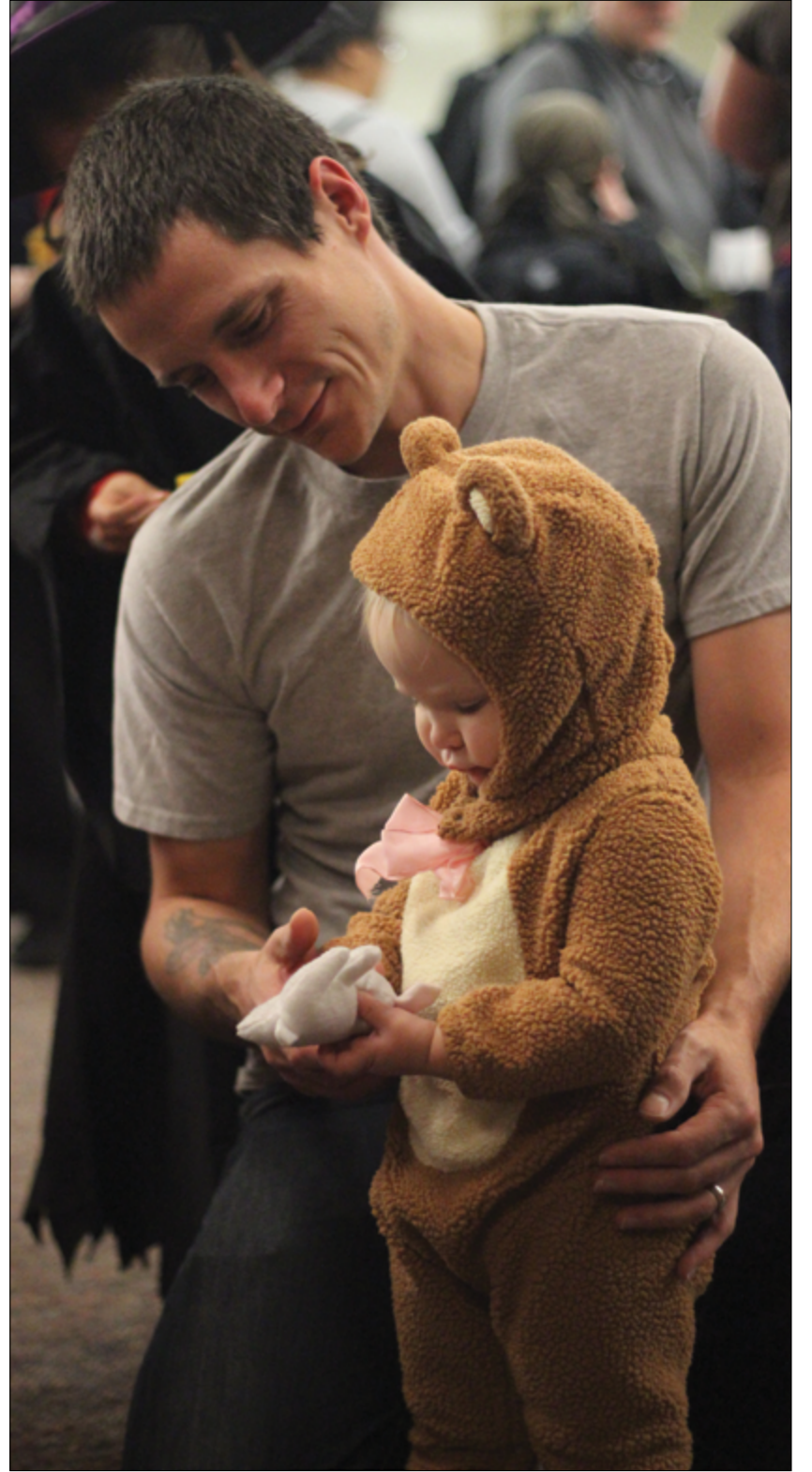


Photo by Karissa Berg

Evan Chatterton helps his daughter Madeline play one of the games at Harvest Fest.

Ghost hunter investigates campus haunts



Photo by Sam Sargeant

Ghost Hunter Ross Allison gave a presentation about the paranormal in the PUB MPR on Nov. 1.

By Wilson Criscione

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On the night of Nov. 1, a crowd of students led by Ross Allison, a paranormal investigator, gathered in the dark of Showalter auditorium, searching for ghosts.

Equipped with a thermal detector, recording devices, electromagnetic field detectors, dowsing rods (metal rods used to sense a hidden presence) and even a compass, Allison and his team of EWU students scanned the auditorium for any sign of paranormal activity.

Students without instruments asked the room questions in hopes of eliciting a paranormal response.

The ghost hunt took place after a lecture from Allison. This was Allison's second trip to EWU. In 2011, he led a similar ghost hunt through Streeter, Dryden and Showalter halls.

"He was the one who found concrete evidence about the hauntings on campus," said Anna Ratcliff, a sophomore at EWU.

The previous ghost hunt conjured up paranormal activity in Streeter, according to Katie Rousso, chairperson for Eagle Entertainment. Students at

"My goal, with anything, is to at least open minds to the idea that ghosts could exist."

Ross Allison

the event hoped to find more evidence of the paranormal on campus.

"Having had these experiences myself, he's validating that there's something really there," said Megan Gospe, a former resident of Dryden.

In Showalter, Allison found unexplained cold spots with his thermal detector in the auditorium. The dowsing rods frequently crossed when students asked a question.

An electromagnetic field detector spiked to red after a student asked, "Do you want us to leave?"

Rumors of hauntings in Showalter have made their way around the student-body over the years.

In 1891, The Benjamin P. Cheney academic building burned down from unknown causes, and the administration building that was rebuilt burned down again in 1912, according to

<http://Spokanehistorical.org>.

Showalter Hall was erected at the site in 1915. The legend is that a little girl who was trapped in one of the fires now haunts the auditorium.

Allison has been researching the paranormal for over 25 years, and says he has been on over 500 paranormal expeditions. He travels to college campuses, like EWU, across the nation for ghost hunts and to lecture on "Ghostology 101."

"My goal, with anything, is to at least open minds to the idea that ghosts could exist," Allison said.

He says it is important to investigate the paranormal with an open mind, but also with a fair share of skepticism.

"Right now, because of the popularity of ghost hunting, people are just popping up left and right claiming to be ghost hunters and they're just imitating what they see on TV," Allison said. "I want to focus on more of a scientific basis of an investigation."

Devon Young, marketing coordinator for Eagle Entertainment who attended the ghost hunt, is still unsure if he believes in ghosts.

"I have not been compelled by evidence on either side," Young said.

According to a recent non-scientific poll done by the Huffington Post, 45 percent of Americans believe in ghosts.

"The interest in ghosts is continuing to grow," Allison said.

Dr. William Williams, a psychology professor at EWU, suggests that a belief in ghosts may have begun as a human survival tool.

"Being afraid of what you can't see in the dark—you know, something invisible, is an adaptation that enhances survival," Williams said. "That is true even if there are no ghosts to be afraid of."

Allison would encourage the non-believers to go on an investigation themselves.

"Everyone has their own opinion," he said. "You have to experience it for yourself."

He urged students to listen to their audio recordings of the ghost hunt for any signs of electronic voice phenomena activity, and to continue to investigate on their own. But he says it is important to educate yourself first, in order to better determine what is real and what is fake.

"The investigation is not over," Allison said.

Eastern
Online



THE STUDENT-RUN NEWSPAPER OF EASTERN WASHINGTON UNIVERSITY

Veterans Center offers support to those who served

By Shannon Bedell
STAFF WRITER
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For over 600 students on campus, Veterans Day means remembering the time they and their comrades in arms spent fighting for their country.

Nov. 11 marks the 94th anniversary of Veterans Day which started in 1919 when President Woodrow Wilson proclaimed Nov. 11 the first Armistice Day. On May 13, 1938, Congress made it a legal holiday and changed the name to Veterans Day.

This Veterans Day, students have the opportunity to honor loved ones who served by writing personal messages at the "Say 'Thank You' to a Veteran" event sponsored by the Veterans Resource Center in the JFK Library. The library will have a display area set up with a wall for posting pictures and stories from Nov. 1-15. Students and community members will be able to put up pictures, write notes and leave messages as a small way to say thank you to family, friends and students who have served.

The Veterans Resource Center offers critical services and support for veterans, active-duty, National Guard and reserve military personnel, their spouses and dependents.

Some of the main things they help with on a regular basis are helping veterans receive their GI Bill benefits, referrals



EWU veteran, Cole Cummings, studies at the veterans lounge in Showalter. Cummings was an aircraft mechanic in the navy for four years.

to campus services, job placement and workshops.

"Most of our student veterans have a Post 9/11 GI Bill. It provides them pay for their education, book stipend and a housing allowance. We have to certify their classes so that they can receive their benefits," said Dave Millet, Director of the Veterans Resource Center.

The center also helps many student veterans transition into the school environment. Some of the workshops spon-

sored by the center focus on how to translate a veteran's military experience into a résumé. The center also has a lounge attached complete with a small computer area and various areas to work alone or in groups.

"I think one of the things that is less tangible is the social connection the center provides," said Millet. "In the lounge, we have created a space that this university never had where student veterans



The veterans lounge, located on the ground floor of Showalter Hall, is an open space where veterans study and socialize.

can come in, meet each other, realize they are in the same classes and form informal study groups."

While the center is new to campus, according to a Veterans Center informational pamphlet, it is the largest Veterans Resource Center in the Pacific Northwest.

Sean Pelfrey, a senior in secondary education, social studies and English, served 23 years as a Navy combat engineer.

Pelfrey explained that he was an instructor in the Navy and has always had a passion for literature and history. He loves to teach, which led him to the education program when he returned.

"Through my background, I have learned attention to detail, discipline and maturity. I have my goals and know what I want to do," said Pelfrey.

Pelfrey uses the lounge at the center frequently and thinks of it as a quiet place to

come study. He calls it a safe environment for veterans and enjoys the events offered by the center because they are veteran centered.

Veterans will also be honored at the third annual military and veterans appreciation football game on Nov. 23. Tickets will be available at no cost to veterans and military families. Those interested in obtaining tickets can contact the Veterans Resource Center for more information.

Día de los Muertos altar honors influential Mexican authors

By Nick Thomas
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On Oct. 31 through Nov. 2 in Mexico, Central America, Spain and Latino communities across the globe, communities celebrated Día de los Muertos, "The Day of the Dead," a celebration not of life, but of death.

In Cheney Hall, room 205, a traditional lace-draped altar was set up. Students and staff left ofrendas—offerings or food—and written tributes to anyone whose memory they wished to celebrate or remember. Traditional food was served and Latino music flowed from a boombox out into the hallway, catching the attention of students rushing off to their next classes.

Below the wall of letters, offerings of loved ones' favorite foods and drinks were nestled among Mexican chocolates and a stone bowl of dried chili peppers. There were buttons, made by office assistant Vickie Roig, featuring traditional artwork. Candies, bright orange marigolds—a flower symbolizing death in many cultures—intricate sculptures of sugar skulls, representing the sweetness and sadness of life, tiny white figurines called "Calaveras," and tall candles populated the long altar, creating a feast for the senses and the spirit.

"In many places in Mexico, there are all these images and art relating to death, and parades where people dress up as dead," said Spain native Natalia Ruiz-Rubio, assistant professor of Spanish.

"The day of the dead is [a] festive, bright celebration to remember the dead. It is an opportunity to remember that they are still with us. They are not gone. It is our responsibility to keep their memories alive, and that's why it's not a sad celebration in any way."

Professor Miguel Novella recently moved from Mexico City to join the EWU Spanish department.

Novella said that the holiday offers both an opportunity to honor the deceased and to remember that death is a part of life.

"The skulls and these kinds of things are not to be morbid. It's

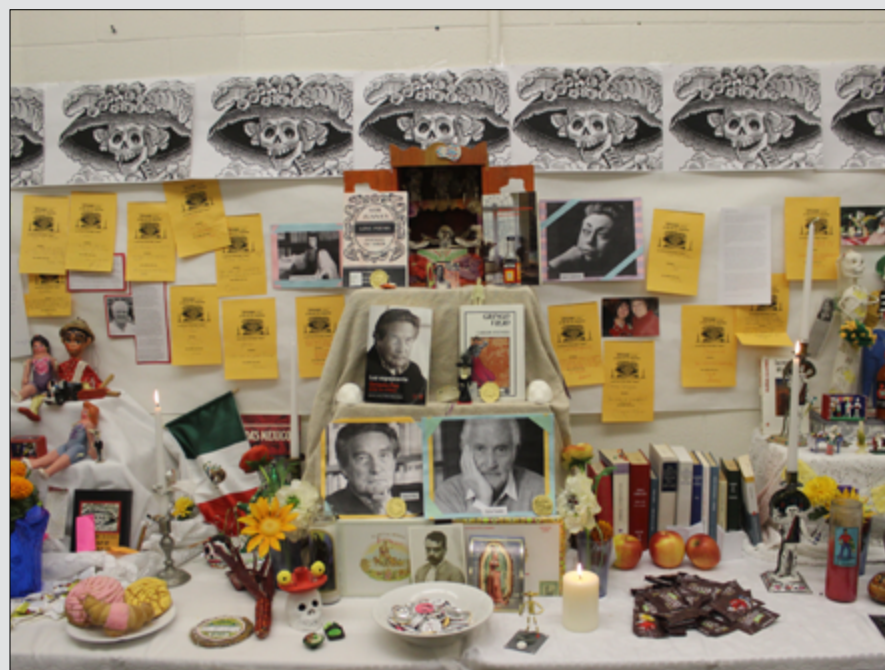


Photo by Karissa Berg

Three altars were set up in Cheney Hall, room 205, to celebrate Day of the Dead.

not to be scary, but maybe just to see that death is a part of life and it has to be something that is always present," he said.

For Rachel Smith, a senior Spanish major, the altar provided a fresh perspective of her chosen major.

She spent four months studying in Costa Rica last spring, and despite witnessing elaborate Easter celebrations there, the skeletons and macabre of this holiday surprised her.

Día de los Muertos is known for intricate costumes resembling ornate skeletons, and detailed face paintings of skulls marked in swirling, tattoo-like patterns. Creativity and community are major aspects of the Day of the Dead festivities.

"The art is not a kind of high art, it is a community art," Ruiz-Rubio said. "The altar came from that idea, it is how the Catholic religion started being practiced when it started mixing with indigenous traditions along the way—a kind of hybridity, a blending in between [the] occidental view on death and the indigenous view on death."

The lively music and bright signs pointing into room 205 were too much to ignore for freshman Paul Ebreo, who wandered into a scene similar to his childhood.

"What I find interesting is that they have everything here too, just like in the Philippines," he said.

Ebreo immigrated to rural Bridgeport, Wash., with his family at age 14. He said the ofrendas on the altar brought back memories of growing up in the Philippines, with the exception that they did not have altars.

"On Oct. 31 we go to the cemeteries and clean the tombs of our families, and then on Nov. 1 we go and celebrate, spend the whole day there. We bring candles, food and eat [at the cemeteries]. So many people celebrate that you cannot drive. You have to park far away and walk in," Ebreo said.

Spanish Professor Barbara Lose said that this year the department, students and faculty decided to give offerings to influential Spanish authors. Their books were displayed alongside portraits. All the books can be checked out from the JFK Library.

This is the second year that Eastern Spanish professors have celebrated The Day of the Dead by installing an altar.

It was the work of Miguel Novella, Professor Marge Andrews, and Lose both of whom have lived in Latin America. They received help from teacher assistants Nicole Zimmerman and Shayla Novella.

Novella said that the most important takeaway for attendees of the Día de los Muertos altar is to recognize the similarities, rather than the differences, between cultures.

D.J.:

continued from front

D.J. Jigre:

It all goes back to freshman year. Of course when you are a freshman and you are walking through the pillars going to orientation there was that one student that was standing on the podium and his name was Oscar. Man oh man did I like that guy.

So I said 'Okay this is fantastic. I want to be that kid that gives that awesome speech.' That wish actually came true when I was elected president. For me, it was in terms of how can I make this university better.

When it comes down to pride I think I have it and can't stand when someone is bad mouthing Eastern or its affiliates. I would get offended if someone was badmouthing it. That's how much I love Eastern. Instead of thinking of how can we make it better, I was thinking in what ways. I thought student government has the power to change and I thought I'm going to go for it.

The Easterner:

What is a personal philosophy you try to live by?

D.J. Jigre:

It's simple as this. This moment we live, we live for today, because tomorrow is never guaranteed.

So when you wake up, the first thing I do, I say 'Thank God I am alive' and from that moment on I am smiling and am happy because this day is what I live for. Every little thing I do, I do to the best of my abilities. I also make sure that I make someone's day and smile because it is a beautiful day. Have no regrets.

The only difference between us is the way we see things. Cut us open and we have the same blood and the same structure. There is no reason why we should hate each other or dislike each other. Life is life and it's a beautiful thing. If you always dwell on bad things then bad things are going to happen. Every day is a new day.

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Easterner Asks

Question of the week: How do you celebrate thanksgiving?

"My parents and I are going to my grandparents' house to have pizza and pumpkin pie with heavy whipping cream."

Benny Kunkel



"This is my first quarter here, so maybe just hanging out with my roommate."

Naoko Yamaschita



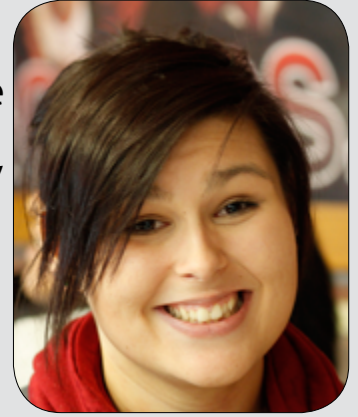
"With my family, and by cooking food."

Zoe Mariotti



"I drink champagne with my mom and sit by the fireplace."

Mariah Mercado



"By having a giant feast and giving thanks for each other."

Ethan Erickson



"Playing music, eating until I have a coma and eating pumpkin pie."

George Laue



Students should reflect in the dark

By **Elsa Schmitz**
OPINION EDITOR
easterner.opinion@gmail.com

As a result of the end of daylight savings on Nov. 3, those students who are yearning for that extra hour of sleep might run into time spent travelling in increasing amounts of darkness to campus.

While it may seem like walking to and around campus is difficult during the in-between class rush, there can be hidden dangers that students may encounter both on campus and around



Schmitz

Cheney at night. It is important to realize these dangers and make sure that you ensure your safety during the night.

According to the Centers for Disease Control and Prevention, there were approximately 4,280 pedestrian deaths and 70,000 pedestrian injuries in 2010. "This averages to one crash-related pedestrian death every 2 hours, and a pedestrian injury every 8 minutes," said the Centers for Disease Control and Prevention. Of those at risk, older adults, children and impaired drivers or pedestrians were noted to be of higher risk.

While not all of these statistics point to accidents that occur because of a lack

of nighttime safety, it is a person's responsibility to themselves to be prepared when going outside after dark. If you are prepared, you are at less of a risk of not being seen in the dark and getting hurt as a result of that.

This brings us to making preparations for travelling at night. Forms of travelling include walking, running, biking and skating. The first thing to do is to make sure someone knows where you are going and when you plan to get home. This can be done either through telling someone, or carrying a cell-phone with you.

Second, make sure you are wearing either brightly colored clothing, or reflect

ive gear like a vest or belt that will help increase visibility to oncoming cars that might cross your path.

When encountering vehicles at nighttime, it is important to realize that though you may have seen the vehicle, the driver might not have seen you. Make sure that you are aware of your surroundings and give a wide berth to vehicles.

While pedestrian accidents seem to be on a downward trend, it is ultimately up to the pedestrian to make sure they themselves are safe, especially at night. Students at EWU need to be aware of these safety issues and implement them in these upcoming darker months.

THE EASTERNER

Serving the community since 1916

LETTERS TO THE EDITOR

Elsa Schmitz
OPINION EDITOR
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Requirements:

- Letters should be 300 words or less and typed, or legibly handwritten.
- 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.

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EDITORIAL POLICY

We encourage the campus community to submit letters and opinion pieces that conform to the requirements listed above. 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.

Question for next week:

"How many inches of snow do you think should fall before EWU classes should be cancelled?"



@ EASTERNER_OP

Police Beat

By Amye Ellsworth
MANAGING EDITOR
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Oct. 29
1:45 p.m.
Collision

A minor collision occurred in parking lot four on campus. Two cars were backing out of the parking lot and did not see each other. There were no injuries, and the two parties exchanged insurance information.

Oct. 31
10:27 p.m.
Drug violation

Police responded to a call regarding an odor of marijuana on the second floor of Brewster Hall. The man in question appeared to be under the influence of marijuana, according to the police. He was told to get rid of the substance and was referred to Student Rights and Responsibilities.

Nov. 1
12:30 a.m.
Malicious mischief

Magic Marker graffiti was found on a women's bathroom stall in the Art Building. There are no suspects at this time.

Nov. 1
1:36 a.m.
DUI

A non-student was pulled over for excessive speeding on the 700 block of Seventh St. He had a 0.18 blood-alcohol level. The man was arrested, cited and released.

Nov. 1
1:10 p.m.
Theft and vandalism

Police are searching for the person involved in vandalizing three Pepsi vending machines on campus. Vending machines in the URC, the Computer Engineering Building and the Science Building were found to have damage totaling close to \$950. Around \$450 in coin boxes was stolen from the machines. If anyone has information regarding this vandalism, they are asked to contact University Police.

Nov. 2
1:36 a.m.
Voyeurism

A male student walked in on a female student showering on the seventh floor of Pearce Hall. She told him to leave, and he initially did, but then he returned and said he was going to shower in the stall next to hers. The suspect was identified as a white male, 5'11", with red-blond hair. Anyone with information regarding this suspect should contact University Police.

Nov. 3
8:47 a.m.
Theft

Police responded to a call at President Rodolfo Arévalo's house. The president reported a red Fuji mountain bike was stolen from his garage. There was no damage to the garage and no additional items appeared to be stolen.



Illustration by Jessie Corigliano
Police are searching for a vandal who caused damage to three Pepsi machines and stole the coin boxes on Nov. 1.

Tip of the Week

We often hear about the dangers of texting and driving, but texting and walking can be dangerous as well, particularly when crossing the street. It is easy not to notice curbs, bikes or cars when distracted on a cellphone. Put the phone away for the 10 seconds it takes to cross the street in order to keep yourself and others safe.

Easterner Madlibs

This moment we live, we live for _____, because _____ is/are never guaranteed.

noun

Monsters and _____ and monkeys, oh my! The _____ were out to _____ during this year's Harvest Fest.

Plural noun Verb

Día de los Muertos is known for _____ costumes resembling _____ skeletons, and detailed face paintings of _____ marked in swirling, tattoo-like patterns.

Adjective Adjective Plural noun

The legend is that a _____ girl who was trapped in one of the fires now haunts the auditorium.

Adjective

According to a recent non-scientific poll done by the Huffington Post, 45 percent of Americans believe in _____.

Plural noun

Volunteers were dressed up as anything from members of _____ to _____ from "_____."

Name of a band A movie character A movie

"It's so awesome. We're playing on the red, with our fans and it's a blackout," Vernon Adams said. "The fans are about to go _____." _____

Adjective Location

**Send your answers to easterner.copy@gmail.com.
The best answers will be printed next issue.**

Issue 5 Corrections:

Shannon Bedell wrote the "Then" portion of the homecoming article on page 6.

THE EASTERNER

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Cheney, WA 99004

Writers' Meetings:
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 9 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:
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Men's tennis rallies toward upcoming season

By Erika Meyer

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With fall season almost complete, the Eastern men's tennis team prepares for their upcoming season in January.

The fall season includes four tournaments, with their final meet of the fall season coming on Nov. 9 at Lewis-Clark State University.

The team is full of youthful exuberance. There is not one senior on the team, which is filled with underclassmen and a couple of juniors.

"With the tournaments in the fall, this gives us an idea of what position, singles wise, the guys are going to play on the line-up for the winter and spring, and also to give them match experience for the newcomers, who have never played a college match," said tennis head

coach Darren Haworth.

Returning sophomores Eduardo Bringgold and Luke Thompson are expected to be leaders for a young team that needs veteran leadership. Stand out player junior Eduardo Martinez is out with an injury, a dislocated kneecap from last season and hopes to be back when the season starts up in January.

"We have young freshmen who are pushing hard this season and we have good chemistry this year," said Bringgold. "We are always there with support for each other and I think we will do well this season."

There are 11 teams in the Big Sky Conference this year and only six of the teams will qualify for the conference tournament host at Sacramento State.

Last season, Eastern finished in sixth to qualify for the tournament then

shortly fell to Montana in the quarterfinals. Coming into this season, Haworth's goal is to finish at least sixth if not better to qualify for the conference tournament.

"Last year, I was pretty happy, they take the top six teams to the conference tournament and we finished up sixth," said Haworth. "We had a couple injuries last year, we could have possibly finished up better, and this season should be pretty strong as well."

According to Haworth, losing a few guys from last year's roster has brought the team closer together and created a stronger bond.

"This year, we're going into the season as underdogs and I kind of like that, it's a good place to be," said Haworth. "It takes a little of the pressure off and puts a little pressure on the other teams."

With new guys on the roster, leader Luke Thompson will show the positive outcome coming up this season with tough matches ahead.

"We are focusing on to work harder this year and out-do other teams," said Thompson. "We don't have a lot of scholarship money, so we have to work harder and play harder to do well."

Their goal is to always make it to the conference tournament. Eastern is one of the smaller schools around the Big Sky Conference because they are not fully funded with scholarships like the eight other schools they compete against.

"So making it in the top six at the end of the season is a huge accomplishment," said Haworth.

Men's tennis will open up their 2014 season on Jan. 17 against the University of Oregon.



Photo by Karissa Berg
Wacil Bendjelti and Eduardo Bringgold focus on opponents during tennis practice.

Women's basketball steals victory in first exhibition game

By Elohino Theodore

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The Eagles had a good warm-up for the beginning of the season as they achieved an exhibition victory.

Senior forward and guard Aubrey Ashenfelter thought the game was a learning experience for the team. "We definitely can play a lot better; I think we just figured some things out. Now we have somewhere to work from and grow."

Ashenfelter also gave credit to how competitive Master's College was in the game. "They're a good school, they definitely could shoot. We weren't playing that very well, they hit a lot of threes on us and that was something that we needed to be more aware of," Ashenfelter said.

Freshman guard Bethany Montgomery explained how the team prepared for the exhibition game last week. "We went over [the scouting report] in shoot around, and so we just focused on who were their shooters, who was their scorer [and] who was the rebounder," Montgomery said.

EWU women's basketball played Master's College from Santa Clarita, Calif. on Nov. 1, at Reese Court.

At the start of the game, Eastern had a 12-6 lead along with two 3-pointers to get the team going. Eastern then extended their lead to nine, which did not last very long. Master's College ended up coming to within three points.

Towards the 11:35 mark on the clock, the score was 19-16 and the Eagles increased their lead by six. The Eagles increased their lead by six. Senior center Laura Hughes scored a layup, which was followed by a free throw from sophomore guard Hayley Hodgins to give the Eagles that six point lead. Later on with seven minutes left in

the first half, Master's College cut the lead to one on a pair of free throws.

Later on in the half, the Master's College went on a 6-0 run to take their first lead of the night, making the score 28-26. Junior guard Kylie Huerta put down a 3-pointer with about two minutes left in the half to put the Eagles up 29-28.

With 58 seconds remaining, EWU gained a seven point lead. A free throw from freshman guard Jade Redmon and another 3-pointer from Huerta gave Eastern an eight point lead, 40-32 heading into half-time.

In the beginning of the second half, Ashenfelter added the Eastern's lead with a 3-pointer. However, Master's managed to gain life again by cutting Eastern's lead to only three at the 17:33 mark of the second half.

Over the next two minutes, the Eagles went on an 8-0 run. A field goal from sophomore center Hanna Mack gave EWU an 11 point lead. Throughout the second half, Master's College would answer back to stay close in the game. Later on, with 6:02 left in the second half, a layup from Ashenfelter and a 3-pointer from Huerta gave Eastern a five point lead.

With two minutes left in the game, the Eagles pulled out an 80-73 lead. During those two minutes, Eastern managed to make their free throws to seal the game with the final score, 87-74. Ashenfelter had a game high of 23 points. Huerta finished with 17 points and 11 assists, Hodgins and Hughes each had 13 points.

Sophomore center Hanna Mack's favorite parts of the game that night was competing on the court, she also liked helping her teammates and cheering. "I really enjoyed playing and just the atmosphere of the game in general, cheering on the bench for everyone [and] getting pumped."

Sports Bulletin

By Elohino Theodore
STAFF WRITER
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Scholar Athletes of November: Ronnie Hamlin for football and Katie Mahoney for cross-country

October 31

EWU All-American Kari McKay is on Big Sky's All Time Top 22 Women's list. She was a distance runner for the Eagles in the early 1990s; McKay was inducted into the Eastern Athletics Hall of Fame in 2007. She made three appearances in the NCAA Championships in the early 1990s, two in cross-country and one in track.

Eagles volleyball wins against Montana State. EWU earn a four-set win over Montana State. The win improves EWU's record to 8-17; Montana State falls to 5-20. Junior Kelsey Julian had 12 kills, Talia Fermantez had 11 kills. Senior Lindsay Niemeier had 36 assists with four blocks and three digs.

November 2

Eastern Volleyball falls to Montana. Talia Fermantez, Allie Schumacher and Allison Doerpinghaus each had seven kills. Ryann Ensrud led the Eagles with 14 digs and three service aces. Set scores for the match were 24-26, 25-16, 20-25, 23-25.

EWU football wins against Idaho State 55-34. Vernon Adams finished with 26-of-44 for 432 yards. Cooper Kupp had eight catches for 205 yards; junior running back Quincy Forte had three scores with 119 rushing yards. EWU overcame a 24-17 deficit to outscore Idaho State 31-3 in the middle-way of the game.

Eastern men's cross-country placed fifth and women's cross-country placed seventh at the Big Sky Championships. The Eagle men scored 137 points; they finished ahead of Idaho State, Sacramento State, North Dakota, Montana, Portland State and Northern Colorado. The Eagle women scored 181 points, finished ahead of Northern Colorado, Idaho State, Portland State and North Dakota.

Upcoming

Nov. 7 - Women's volleyball vs. Northern Arizona at 6 p.m.

Nov. 8 - Women's volleyball vs. Southern Utah at 6 p.m.

Nov. 9 - Football vs. Montana State at 12:10 p.m.

Nov. 10 - Men's basketball vs. Pacific at 2:05 p.m.

Upcoming Intramurals November 14

Fieldhouse 1

AUAP Basketball vs. The Heat @ 7:10 p.m.
Still Got It vs. Sisterly Luv @ 8:00 p.m.
Team Kontze vs. Sisterly Luv @ 8:50 p.m.

Fieldhouse 2

Off in the Shower vs. Couch Potatoes @ 7:10 p.m.
Dunder Miifflin vs. Like LeBron @ 8:00 p.m.
Above the Rim (Free Agents) vs. Varsity and Agynga @ 8:50 p.m.

Phase 264

Super Sonnecks vs. Bottom Dwellers @ 6:10 p.m.
Delta Chi vs. Indians @ 7:00 p.m.
Super Smash Bros. vs. Indians @ 7:50 p.m.

Phase 265

Rain City 206'ers vs. Trifecta's @ 6:10 p.m.
Holy Trinity vs. Swoop Pack @ 7:00 p.m.



Photo contributed by Nick Barr

Sportsman's club member Jared Walker has traveled to various states to compete in national championships.

Sophomore commits time, focus to golf

By Ashlee Coffey
STAFF WRITER
ashlee.coffey@yahoo.com

After being given multiple awards in the fall, sophomore Marissa Borja, of the women's golf team, is making the most of her golfing opportunities at EWU.

Borja recorded her lifetime best finish at the Cowgirl Desert Intercollegiate golf tournament on Oct. 13. Borja had her first collegiate round with a score in the 60 range. After securing a score of 69, she was awarded the bronze medal. Borja also placed 10th at the Rose City Collegiate Tournament on Sept. 30.

"Golf is definitely a mental sport. You have to not only focus on your game, but you have to quiet your thoughts. I do this by picturing where I want the ball to end up. If you do not think positively, you will not be able to execute your shot. I focus on each shot one at a time," Borja said.

Undecided if she wanted to continue her golfing career beyond high school, Borja was in

a tough spot at the end of her senior year.

"I decided on Eastern because I was debating on whether or not to pursue golf at the collegiate level. I thought I wanted to focus on nursing. I was in a bind as I approached the end of my senior year of high school. That's when coach Brenda [Howe] contacted me," Borja said. "I was convinced that I should pursue my passion, which was to play golf at the next level and play for Eastern."

Originally from San Diego, Borja had some adjusting to do. "I was homesick for awhile, but I was able to adjust quickly, and I felt right at home," Borja said.

There were also other factors, including weather, that she had to adjust to. "Coming from San Diego, I was used to playing in sunny weather for the year. When I came to Washington and started playing in tournaments and practicing in totally opposite conditions, it took awhile for me to adjust. I had to take into consideration the wind, that sometimes got up to

30 mph, and the downpour of rain. You have to make the best out of each situation and do what you can," Borja said.

Women's golf coach Brenda Howe commended Borja's golfing abilities. "Obviously she's a huge asset. Currently, she's ranked in the top 500 in the nation. With Marissa [Borja] on the team, as well as two other strong players, I think we can be very competitive this year."

With fall season wrapping up and spring rapidly approaching, Howe is looking forward to these young women playing up to their potentials.

"In the past, we've always been just a head of a couple of other conference teams. Right now, we are ranked fifth in the conference in the Golfstat rankings, and fourth in the conference in the Golfweek rankings.

"I feel we have only one strong tournament so far, so I'm excited to see what happens when my new players get settled in and start playing to their potentials," Howe said.

The Spring season starts March 1, with a season opener in Sedona, Ariz.



Photo by Sam Sargeant

Members of EWU's sportsman's club, from left to right, Nick Barr, Mackenzi Brunner, Jarred Walker, C.Y. Floyd and J.D. Gabbert stand in the campus mall on Nov. 5.

Sportsman's club reels in new members

By Elohino Theodore
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With some competitive experience under their belt, the EWU sportsman's club is looking forward to more fishing and their new boat.

This year, the club brought several of their teams to California to compete. Club president Nick Barr and club member Jared Walker also traveled to Georgia and Michigan to compete for national championships.

The club took fourth place in the B.A.S.S. College National Championship in Georgia on Aug. 2-4. After that, the club traveled to Michigan as one of the top four teams. Barr made it to the second round and Walker was knocked out in the first round.

The club has gotten significantly bigger over the years. "The club has grown exponentially. We started out with, like, six members my freshman year, and now we're upwards of 60 members," Barr said.

Meetings have also been really active this year, with about 35 people showing up each month.

In addition to this, the club sports federation bought the club a boat. According to Barr, this is a tournament style boat that will help the club continue on after the core members have graduated.

"It's a huge step forward in growing our club and getting

more people involved," Barr said.

The boat is a 17-foot-6-inch crestliner, with a 140 horsepower Suzuki outboard. "It's pretty much a general purpose boat, but it's tournament ready, meaning it's good enough to take to competitions," Barr said. The club originally brought the idea of having a boat to Rick Scott, the coordinator of club sports.

Walker also likes the idea of having the boat available to the club. "We have a lot of people that come into the club that are from different backgrounds, that maybe haven't done the type of fishing that we do," Walker said. "It opens up the door for a lot of students that don't necessarily have access to a boat."

Because the club consists of hunting and outdoor activities, Barr explains that the club also started a trapshooting team. Trapshooting is a sport that consists of shooting fake pigeons made out of clay.

The clay targets are launched from a machine for the shooter to take down. "It's just another avenue within our sportsman's club where people can get college students out involved in the outdoors and competitively, too," Barr said.

The most interesting event for Walker this year was when he traveled to Lake Chatuge, Ga. The event consisted of 60 of the top collegiate fishing teams that qualified from their respective regions. This event

was broadcasted on ESPN2.

"That tournament, bar none, was probably the greatest experience that I ever had fishing, because it was the first time that I had ever been back east," Walker said.

When preparing for upcoming events this year, there are many things the club must do.

"There's quite a bit that goes into preparing for these tournaments, just because we travel so much farther than everybody," Walker said.

Traveling is never easy for the club, especially when bringing multiple people along. This also has to be planned by Walker and Barr, networking is a big part of preparing for these competitions.

Club member Tyler Wasilewski explains one more aspect of preparing for upcoming events. "Our main goal right now is fundraising because it's so expensive for us to commute down to where all of our [competitions] are," Wasilewski said.

The club will participate in a fishing tournament in February in Lake Havasu, Ariz. The club will also participate in another fishing event in the California Delta near Sacramento in May, followed by Clear Lake, Calif., which is also in May.

"We may choose to partake in other winter events that are local, but we don't have anything to find yet," Wasilewski said.

Eastern's shootout, close win against Idaho State

By Erika Meyer
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The Eastern Eagles' 743 total yards of offense sets a school record to give the Eagles a 55-34 victory over the Idaho State Bengals.

"Our players found a way and got into maybe more of a shootout than we thought we would," said Eastern head coach Beau Baldwin. "We still found a way to respond and that's what I said to the players."

Idaho State came out strong during the first half, giving the Eagles a battle. It was a high scoring first half, where both teams were head-to-head with a halftime score of 31-24 in favor of the Eagles.

"I give Idaho State a lot of credit," said Baldwin. "They are playing with high tempo."

In the first half of play, the Eagles defense struggled, giving up a total of 387 yards of offense. Idaho State quarterback, Justin Arias, threw all over the Eagle secondary defense as they gave up 337 yards through the air.

Going into the second half, the Eagles needed to step up and make adjustments, both offensively and defensively. It continued to be a slow start when Eagle quarterback Vernon Adams threw an interception and gave the Bengals the ball, along with good field position. Defense came through and held the Bengals to a field goal.

Linebacker Cody McCarthy led the Eagles with 11 tackles and Buck Buchanan Award candidate, Ronnie Hamlin, had 10 tackles with a big interception

in the third quarter.

After the Eagles first turnover in the second half, they became more synced by outscoring the Bengals 24-10.

Eagle quarterback Vernon Adams had another outstanding performance passing for 26-44 with 432 yards, five touchdowns and one interception.

"[Cooper Kupp] is so good," said Adams. "I tell you guys every week he is so good, and these receivers make me look so good."

Adams threw to six receivers in the win, with playmaker Kupp leading with eight receptions for 205 yards and a pair of touchdowns.

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Sports psychologist embraces new position with golf team

By Erika Meyer
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Although many people know her as the wife of Eastern's head football coach Beau Baldwin, Nicole Baldwin is coming to Eastern to build her own identity.

Nicole Baldwin graduated in 2001 from Eastern with her bachelor's in journalism. She started graduate school in 2002 hoping to get her master's in sports psychology. Sports psychology is the study of instructional and training of psychological skills for performance improvement.

For two years, she was a graduate assistant for the sports information department where she would meet her husband, Beau Baldwin, but she did not finish her master's during that time.

For the past eight years, Nicole Baldwin has been a stay-at-home mom taking care of her two daughters, 8-year-old Mia and 6-year-old Macie, and has been a proud supporter to her husband Beau Baldwin.

This year, both girls are at school full time, giving Nicole Baldwin the opportunity to go back to work as a sports psychologist coach for the EWU's women's golf team and possibly give her the time to return and finish her master's soon.

"My kids are in school full time for the first time, and now that they're gone at school this is my time to do my own thing apart from the family and apart from other people's idea of who I am," said Nicole Baldwin.

She is still working with her advisor and EWU sports

psychologist, Dr. Jon Hammermeister, to return and finish her thesis. According to Nicole Baldwin, as she took Dr. Hammermeister's classes, she loved them so much that it clicked to her and she knew it was her calling.

This past summer, Nicole Baldwin started to get golf lessons from golf head coach Brenda Howe. During the lessons, Howe learned more about Nicole Baldwin as time went on.

"I gave her golf lessons and found out more about her educational background and experience," said Howe. "Nicole [Baldwin] was looking to get back into the field now that her daughters were in school full time."

They both had thrown the idea around for her to help with the team, but they were both hesitant about bringing it up to the administration.

"We didn't know if she'd be viewed as someone with experience of sports psychology background, or Beau Baldwin's wife," said Howe.

According to Howe, she finally brought up the idea to Director of Athletics, Bill Chaves, and he was extremely supportive. "Nicole Baldwin is her own person and is a very talented individual," said Chaves. He also thinks it is a great idea and is very helpful to the team.

"At the beginning of the year, we sat down with the team and explained Nicole [Baldwin]'s purpose of coaching mental toughness," said Howe. "Nicole [Baldwin] does an amazing job at keeping girls in the moment and getting them out of that panic state."

Standout golfer Marissa Borja notices the recognizable change along with her coach on how much Nicole Baldwin brought her knowledge and mental toughness to the team.

"With Nicole [Baldwin] coming in, we all tell her that she made such a big difference. Not only with our performance in golf, but our mental state as well," said Borja. "Coming into each tournament, she has opened our eyes that golf is a lot more mental than we think it is."

Thanks to a great support system of family and friends, Nicole Baldwin's eyes have also been opened to her calling in life.

"She has so much to offer in so many different ways for the student-athletes," said Beau Baldwin. "Going back to the work and to finish school is something she wanted to do a long time, and certain things in life put that a little bit on hold. But absolutely I'm one hundred percent for her."

Beau and Nicole Baldwin both feel that it is something that Nicole needs to do, since the kids are older. She needs to rediscover her passion. Along with her getting her master's degree and working it's going to be beneficial for her and it will broaden the career opportunities out there.

"It gives you so much confidence to be doing something that you believe in," said Nicole Baldwin. "I believed in being a stay-at-home mom for my kids, but it was definitely time for me to come back to work and it feels so good to be back."



Photo by Laura Jones
Nicole Baldwin works closely with coach Brenda Howe and the ladies of EWU women's golf.

Idaho State:

CONTINUED FROM PAGE 9

Another plus for the Eagle offense was the running game. After struggling against Montana, the Eagles came out against the Bengals with a total of 311 rushing yards. Running back Quincy Forte carried the ball six times with 119 yards and a pair of touchdowns. He also added two catches for 11 yards and another touchdown.

"We were certainly explosive, and our players made plays," Baldwin said. "We got more out of our running game, which was huge."

During the third quar-

ter, EWU lost starting safety Tevin McDonald to a broken left fibula, which is a definite loss for the Eagles secondary.

"It saddens me to see that happen," said Baldwin. "He's a tough-minded young man and he'll fight back from it."

The Eagles are now 5-0 in the Big Sky and will come back to the Inferno on Nov. 9 to play in a Big Sky showdown against Montana State, who are also 5-0 in the Big Sky.

"It's so awesome. We're playing on the red, with our fans and it's a blackout," Adams said. "The fans are about to go crazy. I feel like we play better at home."

Coach:

CONTINUED FROM FRONT

"This year was frustrating for everyone involved. It took an emotional toll," said Hageage.

This season was not the only rough one the women's program has had over the past few years.

From 2005-2010, the women's team had a combined record for all five seasons of 31-66-10.

In 2012, the team finished in with a 6-8-4 record and a 9.6 shot on goal percentage. The 2011 season yielded similar statistics with a 2-12-1 record. "The last few years of coaching was one of those things I was losing sleep over. There were things that were stacked against us," Hageage continued, "if there are soccer gods, they weren't looking down on us. The teams have been fun in terms of the personalities that were involved and the academics have been great."

While the women's team was being coached by Hageage, the team did make it to Big Sky Playoffs in 2004.

Though overall team records have not looked good

the last few years, in his 14 year coaching experience here at Eastern, Hageage produced 85 All-Big Sky players and had 12 NSCAA Team Academic Awards presented to the team. Hageage also won Big Sky Coach of the Year in 2004. There was no shortage of talented athletes or resources that were in the program.

Hageage is going to continue his coaching career in the Spokane area. "I am still going to continue coaching the Spokane Shadow. It is a local soccer club that I have also been coaching the last six years."

"There is no bad blood. The support from the administration has been great. I wish everyone the best of luck," Hageage said.

Athletic director Bill Chaves released a statement shortly after the decision was announced that Hageage would not be the coach anymore. "We appreciate coach Hageage's 14 years of service to our women's soccer program, the University and the great Spokane Community. We sincerely wish [Hageage] and his family the best as he moves forward in his career."

Chaves could not be reached for further comment.

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