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What's in a name?

The history of the "Savages" and "Eagles" at Eastern, p. 4

The night of March 30, 1985, the totem pole outside of what was then the "Indian Studies' Long House" was severed from its base by vandals.



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News

Trustees' medal

Nominations have begun for the Trustees' Medal. Read about how to nominate your favorite faculty member on page 3.

Eagle Life

People are still shaking

The Harlem Shake trend has come to EWU. Find this story on page 7

Puppies brighten moods

Studies have shown that pets have a calming effect on our moods and improve our well-being. Read Paul Sell's story about this on page 6.

Opinion



Why is this eagle mad?

See his opinion on page 5

Sports

Women's tennis bounces back

After five losses, the women's team is now winning. Read more on page 11.

Upcoming:

Richard Smith Live will be on March 8 in Showalter Hall at 7:30 p.m. Admission is free. The opening act will be USC and EWU Pop Combo.

EST. 1916

No salvaging 'Savages'

2013 marks the 40th anniversary of decision to eliminate nickname

By Al Stover
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It was 2004 when a group of students wore a "throwback" jersey with the words EWSC Savages and a caricature of an American Indian on the front to a men's basketball game.

This was 32 years after the board of trustees voted to discontinue having Savages as the university's mascot due to Savages being a derogatory and demeaning term to the American Indian population. Students were allowed to vote on a new mascot. Savages won with 950 votes, according to a 1973 article in The Easterner. Refusing to change their stance on the nickname, the board created a committee to find a new mascot, which they did, called the Lakers. Angry with the committee's choice, the students referred to the university's mascot as the No-Names. In July 1973, students voted for a new mascot, which became the "Eagles."

Although 2013 marks the 40th anniversary of the change, the nickname continues to emerge on the university landscape.

Prior to appearing at the 2004 basketball game, The Easterner printed an article about two students who had made and sold the "throwback" jerseys. They had scanned an image of the American Indian caricature that was embossed on the brick steps in front of the Phase building.



The "Sacajawea The 'Bird Woman'" statue, under glass in Showalter Hall, was presented to Cheney State Normal School, a previous name used by Eastern, by the class of 1916.

Kim Murphy-Richards, an adjunct professor in the American Indian Studies program, was attending EWU when the "throwback" jerseys were being sold on campus and worn at the basketball game.

"What was horrendous was not just that it was at a basketball game, but that there were other native players on the other team that were Navajo," Murphy-Richards said. "Imagine someone screaming 'Savages' while

you were playing, especially given the contemporary outlook on native students."

According to Deidre Almeida, Director of American Indian Studies, all of the jerseys were confiscated, and the students were told they

had to stop selling the jerseys because of copyright infringement.

Murphy-Richards, as well as other students, staff and faculty, American

SAVAGES-PAGE 4

Queens keep calm

Money donated to AIDS network

By Jasmine Kemp
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Blowme Bubbles lifts up her dress and gets close to a male audience member with a pair of black spandex underwear being the only barrier between her crotch and his face.

It was all part of Eastern's annual drag show, produced jointly by Eagle Entertainment and EWU Pride, called, "Keep Calm and Drag On." Drag queens regularly got off the runway and danced for audience members who gave them donations.

All cash collected by the performers was then handed over to be counted as donations to Spokane AIDS Network. The organization provides help to people with HIV and AIDS by helping them maintain high-protein diets and afford their medications, according to the organization's website. They also act as a support group for people with HIV and AIDS as well as friends and family affected.

The total amount raised for the Spokane AIDS Network was over \$3,000.



Photo by Al Stover

Drag performer Freedom Rights interacts with a member of the audience at the "Keep Calm and Drag On" drag show.

The hostess for the show, Nova Kaine, entertained the audience between acts. She appeared in multiple outfits adorned in sequins, sparkles and dragonflies. Each outfit spawned cheers from the audience, which Kaine embraced.

While Kaine wore dresses, some of the other

performers wore very little clothing. Carmen Carrera, a season-three contestant on "RuPaul's Drag Race," first came on stage in a black laced bodysuit to the music of Rihanna. More notable was her outfit in her last performance. It was not much.

DRAG SHOW-PAGE 6

Lawyers talk renter's rights

By Linsey Garrison
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Tenant rights are a two-way street and Eastern students who opt to live off-campus must follow the law just as their landlords do.

"Tenants do have rights, people all have rights, but we also have obligations. What I do see are a lot of people who don't understand the ramifications, that their actions will impact them later," said attorney Eric Steven.

ASEWU and the government department co-sponsored a seminar in Tawanka for three attorneys to speak to students about their expertise in tenant law as well as answer any questions students might have about living off-campus.

"I thought it would be a really good idea to have this and educate people. My first time renting I didn't even sign a contract," said event coordinator Hawa Hussein, "I hear about a lot of people that don't know their rights and get in trouble with landlords. Sometimes landlords think that just because they're in a higher authority that the landlord is always

right, so [students] just give in."

Seattle-based attorney Evan L. Loeffler, author of the "Real Estate Closing Deskbook" and of multiple landlord-tenant law sections in the "Washington Lawyers Practice Manual," explained that one of the most important things tenants need to do no matter the circumstances is pay their rent.

"Where tenants are frequently shooting themselves in the foot, is to avail yourself of any of these remedies you have to be current with your rent," said Loeffler.

"The first thing that usually happens is the tenant sends some letter that basically says, 'I'm not paying my rent until you fix this.' ... Next thing you know they're getting a notice that says you've got three days. ... The tenant says, 'No, I'm not going to do that, I have 90 days.' About a week later the sheriff will be out there saying its time to go," said Loeffler.

Tenants walking out just before the end of their lease is something Steven said he has also noticed among some younger renters.

TENANTS-PAGE 2

Eating disorders can go unnoticed

National Eating Disorders Awareness week highlights multiple health risks

By Libby Campbell
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For the nearly 30 million Americans who suffer from eating disorders, aspects of everyday life such as balancing a healthy diet and regular exercise can be stressful.

In honor of National Eating Disorder Awareness Week, Active Minds hosted guest speaker Nicole Ruse March 1 to discuss her battle with binge eating and over-exercising.

Nicole Stearman, a member of Active Minds, organized the event.

“Active Minds is a non-profit organization all over the U.S. One of their programs is eating disorder awareness. I contacted Nicole because she used to go here, and we were friends. She came out with her story, and I thought it fit really well,” she said.

Ruse graduated high school in 2010 at the peak of her binge and compulsive eating disorder, reaching her highest weight of 310 pounds.

She enrolled at Eastern that fall and began to make some serious life changes.

“I started realizing I could go to the gym when I had friends who were in fast fitness,” Ruse said. “I was sick and tired of the way I felt, the way I looked, the way people perceived me. I just wanted to do something about it.”

She started going to the gym regularly in January 2011. “I started noticing results instantly. I didn’t really start working out too heavily to begin with, and just kind of went to the gym with my friends and had a good time,” she said.

Ruse incorporated a healthy diet into her new lifestyle, and by June she had lost 50 pounds.

“That was kind of the first moment where I realized, ‘Yeah, I can definitely go somewhere with this,’” she said.

She went home for the summer to Federal Way, Wash., where she joined a gym and kept up with her new healthy habits.

Ruse admitted she did not consult a doctor for the duration of her extensive workouts and drastic diet alterations.

“I started working out more and more, not realizing what I was getting into,” she said.

She returned to Eastern as a sophomore in September 2011, down a total of



Photo by Evan Sykes
Nicole Ruse was a guest speaker for Active Minds on March 1.

120 pounds. Around the same time, her parents announced they were divorcing.

“I did anything and everything possible to numb that pain. I essentially just worked out as much as I could. I wasn’t seeing a doctor or anything, I wasn’t seeing a therapist. ... I just kind of went to the gym. That’s what I was comfortable with. That’s what I wanted to do.”

In addition to spending two hours a day at the gym, Ruse said she also adopted an “extreme” eating regimen in which she cut out any foods she previously had enjoyed eating.

“I was very strict about my calories, very strict about every little thing I put in my mouth. ... I stopped eating things I loved because I felt I wasn’t worthy of eating these things or enjoying the food I wanted to eat.”

By that winter, she was down 140 pounds and experienced a “breakdown” after she was denied excess skin removal surgery because it was too expensive.

“That just kind of ruined every thought I had about myself. I just kind of thought, ‘Well, what’s the point anymore?’ If I wasn’t

able to get that body I always wanted, what was the point? So I went back to doing what I always knew, which was eating.”

Ruse found herself binge eating again. She would then over-exercise to compensate for the excess calories she had consumed, until February 2011.

“I saw myself in the mirror and I accepted that I needed to get help, which is always the hardest thing to do when you have an eating disorder or any mental health issue. I couldn’t live like this anymore,” she said.

She finally came clean with her parents, and with their support, she enrolled in therapy and started exercising at the URC with a trainer. She changed her eating habits, and by June she said she was much stronger mentally.

“I got help. I started talking to people, and I realized how much support I had with all that I was going through.”

Ruse said she has made it a point to reach out to others who are struggling with what she experienced.

“You don’t have to suffer alone, or at all,” she said. “There’s help for you.”

Tenants:

continued from front

Skipping out on a lease just before it is due to expire can mean a tarnished rental history and in the future make it harder to rent from another landlord should they decide to screen their renters.

“They think they can walk out on their last month’s rent and not have a consequence. ... Typically you can end up with a judgment against you if you walk out on the last month’s rent, plus attorney’s fees, which can be two to three times higher than the rent cost,” said Steven.

“Society works when people play the game and are concerned about their liberties, when they are concerned about their credit history and their future.”

Timing is also never an excuse for a tenant to get out of being evicted. Families with children in the winter or at Christmas time

and students with finals do not have to be given any special treatment if a lease contract is broken.

“I do end up doing a lot of evictions during the winter months, and it just breaks my heart because I have kids. They gave their kids Christmas in December and then homelessness in January,” said Steven.

Loeffler recalled being a young student living in Spokane and studying for finals. Out of the blue, his landlord informed him he had just a few days to find a new place to live.

“There’s always two sides to a story. My landlord came to me ... and said, ‘I’ve decided to sell the house I want you to move out by the end of the week.’ I told her, ‘I think you need to give me notice, until the end of the month.’ She said, ‘Well if you’re not out by the end of the week I’m just going to lock the doors,’” Loeffler said, “It’s not easy to

study for your exams when you’ve got that going on. So I had to write a letter, I learned about the law and told her, ‘No,’ and I went to school with a change of clothes in my bag.”

Steven suggests that when a tenant feels that their rights have been encroached upon by another tenant or the landlord, the best thing to do is start by giving written notice to the landlord. This gives them the opportunity to fix the problem before the situation escalates.

“Be smart, ... keep a copy of that, how you served it, and have someone help you serve it,” said Steven.

“The Northwest Justice Project has a strong presence throughout the state. They’re very well trained and they do a nice job. If you have a problem, another great thing to do is to crack the code and go to RCW 5918 and see exactly what your expectations are.”

Librarian Rayette Sterling says farewell to Eastern

By Kate Daniel
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EWU students and faculty said goodbye to librarian Rayette Sterling on Monday after five years of employment.

“A Fond Farewell” was arranged by library faculty to honor Sterling’s time at the university and to wish her well in her coming move to Alaska.

Sterling has decided to relocate in order to join her husband and has accepted a position as Adult Services Coordinator at the Anchorage Public library.

Sterling said she first accepted her position at EWU because she was interested in including more diversity and outreach in the library.

According to Sterling, her favorite part about working at EWU was the people.

“Eastern students work really hard. And they have pretty big lives and you know, they’re not necessarily your typical 17-24 year old age group,” she said. “There are older students and returning students and first generation and under-represented minority students. So working with that group of students was really wonderful, and it feels like [I was] helping them to make a difference in their lives, which is kind of why I do it.”

“We’ve got some really wonderful faculty and international students,” said Sterling. “It’s really kind of gratifying when you help someone work through the process and show them how to do research and then have them come back and say, ‘Oh I got an A on my paper,’ or, ‘You helped me a lot.’ Those are the things that I’ll



Photo by Nic Olson
Librarian Rayette Sterling leaves for Anchorage, Alaska, soon.

miss. I also am hopeful that in my time here the students that were under-represented groups feel more comfortable coming in and feel they have someone they can talk to with any sort of reference program or any question at all without feeling intimidated or feeling like, ‘Oh I should know that already.’”

“The thing that I’m most proud of is the amount of student programs and presentations we now have in the library,” Sterling said. “When I started five years ago, we had a few things but most were faculty driven, so it feels really good to have programs that are student driven.”

Jelleen Miller, who worked with Sterling in the library, said she will be missed. “She’s fun to work with,” said Miller. “She’s got lots of unique ideas, a lot of things I’d have never thought of. And she’s also just very much into outreach and seeking opportunities that I wouldn’t necessarily have thought of. ... Now, I get to pick up the ball where she’s left off. She made the inroads.”

“I will miss her greatly,” Miller said.

Justin Otto, another co-worker of Sterling, said Rayette had a great relationship with students and was effective

at helping them see that the library is a lot more than just books, but also the people and services librarians can provide.

“She has a real gift for relating to students,” he said. “She’s really going to be missed.”

Sterling said she too will miss working with the EWU faculty and students with whom she built relationships over the past five years.

“My new position is adult services manager at Anchorage Public Library,” Sterling said. “So it’s sort of a big expansion from going to working with student groups to working with public groups, working with the Anchorage community and figuring out what people need in terms of library services.”

“My one plan is to go ice climbing at least once, so that’s my goal is to climb up there,” she said.

“This job has been a real pleasure, partly because sometimes Eastern can be a hard place to be,” said Sterling, “if you’re a first generation student or from an under-represented group, just because navigating that whole college experience can be hard. So what I really appreciate about my time here is that I really feel the work has made a difference.”



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Private student loans to become more accessible

New federal bureau to seek more flexible repayment options for loans

By Aascot Holt
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The Consumer Financial Protection Bureau is looking into making private student loans more affordable for all. More specifically, the bureau is trying to find new ways to make the repayment of private student loans easier through a variety of avenues. Inspired by

the department of education's recent additions of income-based and "pay as you earn" repayment plans, the bureau will be researching the feasibility of starting similar programs in the private sector. The purpose of the bureau is "to promote the financial stability of the United States by improving accountability and transparency in the financial system, to end 'too big to fail,' to

protect the American taxpayer by ending bailouts, to protect consumers from abusive financial services practices, and for other purposes," according to the Dodd-Frank Wall Street Reform and Consumer Protection Act of 2010. Essentially, the agency is meant to protect the economy of the country as a whole. The Wall Street Journal reported that total outstanding student loan debt

exceeded \$1 trillion for the first time in late 2011, and it continues to grow. The bureau reports that private student loan debt in America totals over \$150 billion, about one-eighth of the total. One motivating factor behind seeking reform is that student loans prevent young people from saving up to make big purchases that define America's economy and cultural story. This

includes major assets like a car or house. The Consumer Financial Protection Bureau believes the immense student debt burden is what is holding the economy from completely bouncing back. They may be right: the Federal Reserve found that from 2009-2011, only 9 percent of 29- to 34-year-olds took out a mortgage. The department of treasury finds that student loan debt may dampen consumption

across the board — not just major investments. An overarching issue that interests the bureau is how distressed borrowers who are struggling to repay on schedule deal with the debt. The Consumer Financial Protection Bureau wants to know how to communicate with struggling borrowers and how they make their financial choices.

LOANS-PAGE 9

Trustees' Medal honors EWU's best professors

By Aascot Holt
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An excellent professor goes above and beyond their job description to create a comfortable learning environment for all students. All students have a favorite teacher. One way anyone can give back to EWU's best is by nominating them for the university's highest form of recognition for faculty achievement: the Trustees' Medal.

Since 1978, the medal has recognized excellence in teaching, significant professional contributions in research and scholarship and substantial contributions to the development of academic learning processes, programs and curriculum. Each nomination application must provide evidence of the nominee's continued significant contributions to the university via one or more of these areas. Past winners include the mayor of Cheney, William Trulove, Dr. Merl Gersh, professor of physical ther-

Applications start with a completed nomination form, available online at <http://bit.ly/14ebIX9>.

For more information, contact Ron Dalla at 509-359-6566 or at rdalla@ewu.edu.

to have been chosen. He said winning has reinforced his belief that EWU is an incredibly supportive community for all students, faculty and staff. "I think people help one another here on this campus," Elder said. Winning the award has brought him professional opportunities as well. He said that it helped push him to start another big writing project. His hope is to publish a new academic reading and writing classical rhetoric book. To write the book, he has received professional leave from EWU and has been talking to a couple of editors. Applications must include a letter of nomination, multiple supporting letters from a variety of university community members and a curriculum vitae. Nominators may include summaries of student evaluations, reviews of publications or any other material they feel supports the nominee's application. A nomination should be no more than 20 pages total, including all supporting materials.

Veterans transition from military to civilian life

Skills learned in military benefit the workplace

By Libby Campbell
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The Veteran's Resource Center at EWU collaborated with Washington Trust Bank in Spokane to hold a "Hire a Veteran" lunch Feb. 26 to inform local business managers and human resource representatives about the advantages of hiring veterans. Washington state is home to nearly 600,000 veterans, 600 of whom are students pursuing their education at Eastern. Dave Millet, the director of EWU's Veteran Resource Center, has 25 years of experience in the Army. Millet, along with a panel of EWU student veterans, shared how their experiences in the military have prepared them for professions in the civilian world. "We don't do résumés. We don't do job interviews. We don't do Skype interviews in the military," Millet said. "You get orders to go to your next duty assignment, you salute your next boss and

"Courage or integrity ... aren't just words on a paper. That's something that we live."
Polo Hernandez

you start working," said Millet. "That's something that we, as we get out and are looking for employment, struggle with because it's something we're not used to as we transition out of the military and into another profession." Veterans discussed how aspects of military life can easily carry over into the workplace. "I notice with myself, not only have I adopted my military values, but the values of the corporations and companies I work with," said Polo Hernandez, who has been in the National Guard for five years. "I take that to heart. Courage or integrity ... aren't just words

on a paper. That's something that we live." The veterans emphasized how serving in the military taught them lessons and skills like time management, teamwork, accountability, compliance to authority and how to take initiative to increase productivity. For Joel Adams, who has spent time in the Army and National Guard, getting people to understand the military as a profession is important. "You don't just put on a uniform and start shooting people. That's not what we do. There's a lot more to it," he said.

VETERANS- PAGE 9

EWU Health Services administration hosts seventh annual healthcare management conference at Riverpoint

By Kate Daniel
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Eastern's Healthcare Services Administration department hosted the seventh annual Healthcare Management Conference on March 1. The title of this year's conference was, "A Call to Action: Access, Innovation and Quality." The event was hosted by the department's students and faculty at the Riverpoint Campus from 8:30 a.m. to 4:15 p.m. and included presentations by keynote speaker DJ Wilson, president and CEO of Wilson Strategic Communications, and closing speaker

Antony Chiang, president of Empire Health Foundation, as well as panel board discussions and continuing education units. Brandi Abrams, Health Services Administration Office vice president, said Health Services Administration majors have been committed to putting on this conference for the community because it is important for community members to know about health care. Abrams said the conference is about funding for developmental programs and how facilities can get approved for funding. Facilities will face an increased need

for funding with the health care reform of 2014. The health care reform of 2014 will extend coverage to nearly 98 million people. The collaboration of in-home care providers and community-based providers to ensure that quality standards of healthcare are maintained during this process, and ways in which facilities can obtain grants and funding for this implementation, was a main point of discussion. Wilson delivered a talk titled, "An Inside Perspective to the How's and Why's of Health Care Policy Reform." Regarding the 2014 health care reform, he said, "For

poorer families, they will have tremendous benefits under Medicaid expansion. Middle class families will get subsidies to access health insurance on the exchange. Those two items alone will see about 400,000 new individuals with coverage in our state." "Undocumented workers will not be able to access these benefits, however, so we'll all continue to pay for their health care through higher premiums," said Wilson. "Communities 'underserved' by health care providers will still have a bit of a hard time, though primary care rates are set to increase in Medicaid

significantly for 2013-2014, which will alleviate some of the cost pressure of taking Medicaid, particularly in the rural areas." "I want to tie together some of the theory of the policy of reform with the real world implementation challenges. This is the law of the land now," he said. Wilson said he participated in the conference because he "would simply like to be a resource for students interested in knowing where healthcare is going, so they can have a sense of how it will impact their job prospects and so they can start thinking about how

best to suit themselves to the new world ahead." "The world of today will be fundamentally different from the world of 2014. So, I'd say through the near term, students should be as 'eyes-wide-open' as possible. They should be learning about managing their health care in the same way they will be thinking about managing their income," Wilson said. "The rates for young, healthy 20-somethings will be going up significantly, up to 150 percent, compared to today's individual market. So, they need to be very thoughtful about this stuff in a way that their parents didn't have to."

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Savages:

continued from front

Indian and non-native, contacted the dean of students and The Easterner to discuss why the image was problematic.

“We said, ‘This mascot keeps coming back and students don’t realize why it’s so detrimental and we feel that we need to remove this mascot from public spaces,’” Murphy-Richards said. “That doesn’t mean we can’t archive it and talk about the history and where it came from, but it’s gone. It was removed for a reason. The board of trustees removed it, and it was during a period of time when many schools were changing their mascots.”

This was followed by a successful movement to have the bricks with the image of the “Savage” removed from the Phase. Despite the threat of alumni possibly ceasing monetary donations, the bricks were sandblasted, removing the offending image.

Murphy-Richards said there was a plan to keep one of the bricks and have a memorial about it to educate students on why the mascot was changed from the Savages to the Eagles.

According to Stacey Morgan Foster, Vice President of Student Affairs, there are no current plans for a memorial with the bricks. She recommended that students who would like to see such an institution on campus should go to the ASEWU, who would evaluate the request and make recommendations for the university on what they would like to see.

Other incidents where the Savage nickname has appeared include: the 2010 “Savage Cup” competition put on by the Athletic Training Staff and the Varsity Equipment Staff and “Fort Savage Eagle,” which was the name of the area where the ROTC would fire their Howitzer during football games in 2011. The men’s rugby team used “Savages,” as their name as recently as this year.

In an email sent by Rick Scott, EWU coordinator of club sports, the team has been asked to “cease the usage of the name as it is not appropriate terminology.”

According to Laurie Connelly, associate to the president, no students, groups or teams are allowed to use the name “Savage,” as a mascot or as a name of an event.

“[The event] would not be sanctioned by the university,” Connelly said. “Our mascot is the Eagles.”

Psychological effects of American Indian mascots

Murphy-Richards, a recipient of the McNair Scholarship, used her research grant to look into the correlation between violent crime and the psychological effects on American Indians and how they internalized mascots and internalized the negative connotations with the mascots.

She found a study done by Stephanie Fryberg, who researched both the positive and negative effects American Indian stereotypes had on native students.

“When she rated their overall self-esteem and self-efficacy, it was pretty nor-

mal,” Murphy-Richards said. “When she showed those negative and positive stereotypes, self-esteem and self-efficacy went down. This shows how native students internalize that and they start to think less of themselves.”

In the research paper “Of Warrior Chiefs and Indian Princesses: The Psychological Consequences of American Indian Mascots,” published in the journal “Basic and Applied Social Psychology” back in 2008, Fryberg and her colleagues write that negative stereotypes are associated with performance in various domains. When they are presented in a classroom setting, American Indian students “perform less well on tests.”

According to the Center of Disease Control, the suicide rate of American Indian and Alaskan Natives from ages 15 to 34 is two-and-a-half times higher than the national average for that age group.

Through Fryberg’s research, Murphy-Richards also learned that when non-native people were exposed to the same stereotypes, their self-esteem and self-efficacy went up.

Besides changing the self-esteem and self-efficacy of American Indian children, the use of mascots covers up the reality of American Indian communities and people by forcing them toward an archetype resembling the stereotype of American Indians living in teepees and having long braids.

Murphy-Richards took her research and information she found in the Spokesman-Review about the life situations of American Indians in the Spokane area to the Alumni Association to present the real-life consequences of the stereotypes affecting native students. She also showed the correlation between mascots and the justification of hate crimes inflicting on native people.

Ban on American Indian Mascots

EWU is not the only university to have done away with the American Indian mascots. Stanford University changed their mascots from the Indians to the Cardinals in 1972, according to the Jay Rosenstein Productions website. In the same year EWU dropped the Savages, the University of Oklahoma dropped their Little Red mascot.

In 2005, The National Athletic Collegiate Association ruled that colleges with mascots that were deemed “hostile or abusive” would not be allowed on team uniforms or any type of clothing during postseason play. There were initially 18 schools whose mascots, most of which referenced American Indians, were deemed “hostile or abusive” by the association including the California State University Stanislaus Warriors, who developed a Warrior Hawk mascot, and Arkansas State, who changed their nickname from the Indians to the Red Wolves. Most of these universities changed their nicknames, logos and mascots.

Some schools have been allowed to continue using American Indian mascots as long as they had permission from local tribes. This includes the Florida State Seminoles and Central Michigan Chippewas.

The Easterner wins Best of Show
Campus newspaper comes in first for website at national convention

By Jake Kershinar
CONTRIBUTING WRITER

Eastern’s student online newspaper, The Easterner, won first place in the 29th annual 2013 Associated Collegiate Press National College Journalism Convention in San Francisco on March 3 for Best of Show Publication Website.

This award is given to the best online student website and is judged based on content coverage, editorial leadership, writing and photography, according to Grace Christiansen, contest and critique coordinator for Associated Collegiate Press.

“The Judges narrow it down to [the] top ten entries and each school that enters submits one issue,” said Christiansen. “The judges thought that The Easterner was the top online newspaper in every category.”

Editor-In-Chief Amy Meyer discussed the options to reboot the website and realized quickly that going in a new direction was the best solution.

“It seemed like a good economic decision to use Wordpress rather than our old host,” said Meyer. “It utilizes graphics better.”

Online Editor Jamie Williams was responsible for getting the Easterner archives back on the web.

“We liked the Wordpress content because it had lots of multimedia content,”

said Williams. “We didn’t think the old [host] was user friendly. We wanted a tool that journalist could easily publish.”

What may be even more bizarre than winning an award for something the staff had just completely rebuilt is that none of the staff members were there in person to receive the award.

While six members of the Easterner staff had made the trip down to the Bay Area, they did not think that they would win out of hundreds of different schools submitting work.

“We were actually all sitting in a restaurant in Chinatown,” said Williams. “Then Amy said that her phone was freaking out and then got a really weird look on her face. Then she said we had one first place for [Best of Show].”

This award has not gone unnoticed in the journalism department and has its professors excited for the students.

“I’m very proud of our staff and their outstanding work,” said assistant professor of journalism Jamie Neely. “This first-place award is all the more remarkable because Easterner Online’s old site crashed earlier this year. That crisis required our editor in chief, Amy Meyer, to build a new Wordpress site from



Photo by Jane Martin
Editor-in-Chief Amy Meyer holds the best of show trophy at the convention in San Francisco March 3.

the ground up. She and her team were not only able to weather that challenge, but they also went on to create a more innovative design that now conveys a distinctive brand, new interactive tools such as reader polls, and increased multimedia content. In the end, we wound up with a much stronger online platform for student expres-

sion than we’ve ever had before.”

“I have been here for 21 years and this is the height of The Easterner’s publication,” said William Stimson, chairman of the Board of Student Publication. “The fact that it is the number one news for online is fantastic. It’s impressive it is online because online news has become the frontier of news.”

SAVAGES TO EAGLES

THE HISTORY OF EWU'S MASCOT

Benjamin P. Cheney Academy founded.

1882

School renamed to State Normal School.

1889

Officially became known as "Savages."

1923

During transitional period, for a brief time sports teams had no mascot and were referred to as the "No Names."

1973

Officially became known as "Eagles."

1977

1985

PRESENT

During transitional period, for a brief time sports teams had no mascot and were referred to as the "No Names."

Board of Trustees vote to eliminate the Savage mascot.

Totem pole in front of Indian Education center was vandalized.

Photos from The Easterner archives.

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Racial slurs as team nicknames beyond offensive

By Christopher Stuck
MANAGING EDITOR
easterner.me@gmail.com

Any revival of Eastern’s former nickname, “Savages,” is offensive. It’s more than of-
fensive; It’s plain wrong.



Stuck

Dismissing offense taken at “Savages” is dismissing a long, brutal history of an entire race, as well as dismissing the origins and intent of the word.

Not all American Indian-related nicknames are offensive in and of themselves. For example, Central Michigan University and the University of Utah gained approval from the NCAA to continue their use of the “Chippewas” and “Utes” nicknames, respectively, after showing that they have the support of the name-sake groups. The University of North Dakota attempted a similar agreement, but have since discontinued use of its “Fighting Sioux” moniker.

However, as former Sen. Ben Nighthorse Campbell said at the “Racist Stereotypes and Cultural Appropriation in American Sports” symposium in Washington, D.C., Feb. 7, “There’s certain words you can’t cover up and hide. ... They’re wrong to the beginning and they’re wrong to the end.” Campbell included “savage,” “squaw,” “buck” and “redskin,” among these “certain words” according to an Associated Press article.

“Savages” is a name placed upon the American Indians as a derogatory name from the start. As Europeans colonized the Americas, it was meant to dehumanize the American Indians, make them lesser, and connote the idea that the American Indians were uncivilized. These ideas, codified by the label of “savages,” was

used as reasoning for their enslavement, removal and extermination. If they were “savages,” they were not human, so there was no reason to treat them as such.

The “savage” idea persists to the present day, though in subtler, more insidious ways. It still connotes a lack of culture and a need to be civilized, such as the twenty years of the Indian termination policies enacted in the 1940s. It was believed that American Indians would be better off if they were fully assimilated into American society, so the sovereignty of many American Indian tribes was terminated.

This historical baggage is attached to the term “savages” and cannot be avoided.

In defense of the use of such nicknames and related iconography, some have claimed to be honoring the history of the organization using them or honoring American Indians themselves. However, as professor E. Newton Jackson said at the Feb. 7 symposium, “How does one person tell another that they honor them, when I’m telling you that what you’re saying is not honoring me?” And, given the baggage, how can the history of an organization be privileged over the history of a race?

The best and possibly only way to combat ignorance and insensitivity is through education, through conversation, through keeping the reasons behind Eastern’s 1973 decision to abandon “Savages” as a nickname in the public consciousness.

The use of “Savages” is not paying tribute to the history of the school, but denying that history. It is not taking a stand against political correctness, but against the humanity of a group of people. Until each and every student, alumnus, and member of the staff, faculty and community is aware of the effects of the “Savages” name, Eastern will be doomed to have recurring events celebrating racism, bigotry and ignorance.

EDITORIAL CARTOON



Illustration by Vania Tauvela

Through the Eagle’s Eye

What is your view on college and professional sports teams using American Indian mascots?

Interviews by Al Stover. Photos by Aaron Malmoe.



“The only one I understand is a problem is the [Washington] Redskins because it does [have] a negative connotation to Native Americans.”

Nathan Huff



“If the teams are going to use those kind of mascots they need to have a significant Native American population or a significant Native American following.”

Bruce Graham



“They’re not making a sports team [like the Washington] Redskins because they’re racist, they’re doing it because the Redskins were brave warriors.”

Isaac Deal



“It just seems like in this day and age we should be a little bit more respectful for everything, and just our history, and not hide behind it and just say what it is.”

Brent Schneider



“If you call a Native American that, it would be racist, but somehow that’s allowed to be used as a sports team. [It] doesn’t make a lot of sense.”

Ana Kravtsova



“If it’s done tastefully, it’s not that big of a deal. If they personify it poorly, I can see how it would be an issue.”

Lincoln Bechard

Letters to the Editor

Response to Washington state assault weapons ban column

My father and I would like to thank Kyle Harding for his Feb. 27 article titled “Washington State Senate Bill 5737 assault weapons ban is an assault on individual liberty.” I’m sure that this article has helped educate students and faculty on the real intent of some of our senators. I belong to a military family where all of my uncles are retired Marines and my father is a retired Green Beret. These men, and many like them, understand their oaths to uphold the Constitution of the

United States from enemies both foreign and domestic. This debate on gun control is a serious matter which I hope will end as it started.

“No free man shall ever be debarred the use of arms. The strongest reason for the people to retain the right to keep and bear arms is, as a last resort, to protect themselves against tyranny in government.”

— Thomas Jefferson, “The Thomas Jefferson Papers.”

Daniel White

What do you think of the use of American Indian team nicknames?

Send your thoughts to

@schmylesmarding

THE EASTERNER

Serving the community since 1916

LETTERS

Kyle Harding
OPINION EDITOR
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Requirements:

-Letters should be 300 words or less, and typed or hand-written legibly.
-Include your full name, signature, telephone number and 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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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.

Puppies perk up campus blues

Man's best friend can help EWU students deal with stress of upcoming finals

By Paul Sell
STAFF REPORTER
p.robert.sell@gmail.com

With finals week just around the corner, stress and anxiety are reaching a boiling point for some students. This problem could be solved by many things, including massages, hanging out with friends or even playing with puppies. This is one way that Dalhousie University, according to their website, has dealt with the stress of students during finals week. They have dubbed a "Puppy Room," where students are allowed to come visit and play with the puppies in between taking cumulative tests and writing lengthy essays.

"I feel like that would be very productive," said Donye Smith. "Dogs are very therapeutic. Everyone is stressing out, and if you were in a room with dogs and puppies, getting connected and be able to relax for a second, I think that would be beneficial."

Due to EWU campus policies on pet control, according to Karen Wichman, only service and guide animals are allowed inside campus buildings. Pets are allowed outdoors, provided their owners have control of their

animals. Failure to comply with these policies could result in not only arrest, but the impoundment of the pets as well. Wichman, EWU director of Facilities and Planning, has been attempting to lift these policies for the dormitories, but due to the ventilation of some dorms, there would be a risk of pet hair drifting about, stirring up certain allergies.

"Right now, it doesn't look like the policy on pets will change," said Wichman. "It's more about EWU meeting the city codes of Cheney, and there is very little that we can do about that."

Still, some EWU students would not mind if there were more dogs on campus, if only to brighten their moods while walking from class.

"[Dogs] are companions to students, even if they're not their pets," said Carolyn Hanson. "To be able to see them on campus might be comforting or helpful, especially with first-year students who might be struggling with homesickness or feeling isolated."

Kristen Pool is an EWU student who loves her dogs, but says that she has only seen two dogs on Eastern's campus during her time here, which for her is "not nearly enough."



Photo illustration by Jade Raymond
Carter and his human, Kourtney Pickens, are out playing around campus.

"I think that dogs make people happier," said Pool. "I've seen dogs go around when people are eating, and people will come over to the dog and pet it, which starts conversations. I think that dogs are a better way for people to interact with each other, and I think more dogs would only increase interactions between students."

Others see nothing but

positive emotions and a park-like atmosphere coming from more dogs around campus.

"An environment with animals is always more emotionally enriching," said Aubrey Weeks. "The simple action of petting an animal and interacting with one [releases] certain chemicals into your bloodstream that are known to relax you. That's

one of the main reasons why they bring animals to retirement homes and hospitals, because it's conducive for a healing environment."

However, even students that were behind the idea of more dogs on campus pointed out the problems with the presence of dogs on campus.

"You have to clean up after dogs, and that's not always something dog owners

will do," said Hanson. "You'd have an increased issue with custodial staff having to pick up poop, as well as security concerns about aggressive dogs. They're still wild animals, they can react in ways that you wouldn't expect, even if it's a dog that you've had many years."

Not only are there problems with allergies and improper vaccinations, but there is also the problem of how well-behaved the dog is.

"I'm not a fan of dogs walking around in public places," said Alissa Shari-epa. "At home, as a pet, it's good. I like animals, but having them all over the place would get on my nerves more than relieve stress."

While there are both advantages and disadvantages to having more dogs on campus, it seems that most students can agree that dogs would brighten their day and maybe even chase off some of the squirrels if the dogs were to remain under control.

"I could see some sort of incident happening that is completely controllable but it wasn't human error, like a bite or scuffle and someone ends up getting hurt," said Core Draine. "I think you have to have some sort of control or restraint."

A glass of wine a day keeps the ulcers away

More to wine than grapes and cheese

By Kara Hill
STAFF WRITER
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Selecting wine can be an intimidating thing.

Cheney Trading Company, in collaboration with Huckleberry's Health Market, has created a list of budget wines for students who are interested in learning about the

grapevine trade. Ralph Heaton, Cheney Trade Company's grocery manager, recommended that beginners start with a sweet wine.

"When kids come in here from the college who are looking for something to drink, ... I'll aim them towards a moscato," Heaton said.

He recommended that students start with a cheap red or white wine and work up to a more expensive bottle. "Always start with a cheap one, so you can decide if you like it or not," Heaton said.

"If you start with a \$20 bottle,

you probably aren't going to like it," Heaton said. "It takes a while to get used to each [type] that you drink."

Heaton said that when students find a wine they like, they will drink it for a few years, get bored and move onto a new type. According to Heaton, most people start with a sweet wine before moving onto something different.

"You might try a chardonnay, then a sauvignon blanc," Heaton said.

With four different vendors and

over 200 types of wine in stock, Cheney Trading Company, according to Heaton, has weekly price reductions on wine and approximately half of the stock is already priced below \$10.

"Some are less, some are more," Heaton said. "We do carry some premium wines."

Lou Anne Moxcey, the wine specialist at Huckleberry's in Spokane, selected six budget wines that she said, "[Students] don't have to be embarrassed about [buying]."

After weaving through the

store's cramped aisles, Moxcey picked up and set down two bottles before she found Los Dos Campo De Baja.

Moxcey, who chose this wine because of its robust flavors, said that the trick to wine is pairing it with the appropriate food. "The more complex the food, the simpler the wine," Moxcey said.

When Moxcey selected the next two wines, she chose Estrella, California's Reserve Red because it is

WINE-PAGE 9



Photo by Al Stover
Nova Kaine is the sixth in a line of drag queens who have used the same name.

Drag Show:

continued from front

A small, gold-sequined top covering just the right amount of skin had members of the audience lined up ready to hand her dollar bills. Students up in the Cyber Cafe were throwing money from the balcony.

Berto Cerrillo said that the show was a great way for students to get involved.

This year, the show had more of an educational aspect. Before the show there was a history of drag workshop. This workshop taught students about the history of the culture. Kaine, whose real name is Jason Johnson, talked about the Stonewall Riots.

The Stonewall Riots, according to The New York Times, was when the customers of a gay bar called The Stonewall Inn retaliated in response to a police raid. It was the start of a movement to create special interest and advocacy groups for the gay community.

"When you put on a show for students you always have to end up being more heavy

on the entertainment side, but I think this year we've gotten a better balance," Cerrillo said.

New this year is also the integration between the tech group Cerrillo manages and Eagle Entertainment.

The setup for the event included a long runway in front of a large screen where graphics for the performances as well as a thermometer graph depicting the amount of money raised were displayed. The disc jockey stood at the left of the runway next to the screen playing the music and waiting for the right cues from the performers.

"We want to have a more polished and professional looking event," Cerrillo said.

Heidi Gnehm, a resident of Spokane, came out to Eastern with her friend Dana Ayers.

"I found out about the show through Facebook and Nova Kaine's posts," said Gnehm.

Ayers said she liked the culture.

"I like seeing the crowds [drag shows] attracts. I want to laugh and have fun," she said.

The drag show also included an amateur portion. Sororities bid on fraternity members to perform in the show. According to Kaine, the drag queens themselves painted the faces of Delta Chi members.

"Some of these [girls] look hot, but some of them look hotter as boys," she said.

Gnehm said her interest in the culture was partially because of the makeup.

"They treat makeup as an art," Gnehm said. "They have to spend hours and hours practicing it."

Vanessa Mendez, a Kappa Delta Chi member, said the sorority has had fun helping out with the drag show. They have been involved with the show for three years.

Kaine said she likes performing in the Inland Northwest due to the support the people in the area have for the drag queen community.

Connie Hung was a student at Eastern. For Hung, performing at her alma mater was nostalgic.

"I went to the show as a freshman when it first started," Hung said. "Performing in it now is just an over-

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From classroom to ballroom

EWU Social Dancers Club practices different dance styles

By Katie Simpson
CONTRIBUTING WRITER
katiemariesimpson@gmail.com

Three pairs of students glide across the floor of the dance studio to Avril Lavigne’s “I’m With You,” framed towards each other in a ballroom-style dance.

One of many dance-related clubs at Eastern, the Eastern Social Dancers Club was formed for students taking courses in dance and others who want to practice and perfect their skills.

According to the members, this kind of dancing is different from what is found at common clubs and parties. Most of the dances are a partnered classical style that builds on socializing with other people that share the same interest in ballroom dance skills.

Junior Katrina Knizek, a member of the club Dance Force, waits outside the studio for the social dancers to finish practice so her club can start.

“Our clubs are very different, they work on partnering, we focus on each individual dancer contributing to a group,” said Knizek.

The Eastern Social Dancers was started early this year when club president sophomore Mitch Youngs, also involved as public relations for the American Society of Mechanical Engineers and the Robotics Club, was having trouble finding places to practice with the other interested students.

“We couldn’t reserve a room or practice on campus,” said Youngs. “We had to form the club.”



Hailey Hamilton and Levi Simmons are two members of the EWU Social Dancers Club.

Photo by Dylan Paulus

The students who helped to create the club took the roles as officers. “Logan [Hughes] and I last year, with Allison [Bararella], were talking about starting a club and Mitch [Young] got club papers one day,” said Connor Smith, sophomore, about the clubs origin.

Michael Bubl  fills the air as Emily Wark and Vice President of

the club Hughes waltz around the room. Wark is just one of the many students who choose to practice the technique they learn in Eastern-provided dance courses.

“West Coast swing is what I started on,” said Wark. “It is a lot of fun, you get to meet so many different people.”

First-year student Britini Wright

started with Latin dancing and “fell in love” with paired dancing. The club members “learn from each other.” No matter what level of expertise the dancer has they are able to give and receive help from the peers in the group.

The point of the club is not to perform, but to perfect skills. The members only showcase them-

selves when they go out on Saturday nights to dance in Spokane, according to multiple members of the group.

“I like to dance,” said Brian Andrews, senior. “Anyone can pick it up. When you take it again you learn more.”

A member of the social dance club, Andrews dances on campus two days a week. “If you like to dance, come out and go to practice. If you want to learn, sign up,” said Andrews.

Levi Simmons, a junior biochemistry major, said that in each meeting, “I practice swing and waltz, try to help those from other classes practice and, if I know the dance, help them practice it.”

Sean Cantilini, a sophomore business major, is treasurer of the social dance club. A big goal for the club is to eventually “buy a place in Spokane for the night and join with other schools and have a ball,” said Cantilini. He was asked to help put the club into place to build community and try to get more people involved. The club now has enough veterans to teach newcomers the steps.

Youngs, as club president, has big ideas for the future of the club.

“We have been thinking about having a flash mob next quarter and also to put on a ball,” said Youngs.

Along with working with dance groups from Whitworth and Gonzaga, the club takes the opportunity to meet in the Spokane area at the select places that offer partnered ballroom style dancing nights.

Eastern shakes to YouTube trend

"Harlem Shake" inspires campus movement

By Aascot Holt
STAFF WRITER
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Students and EWU departments have been creating wacky YouTube videos all over campus featuring Swoop, an economics professor and many partially-nude dancers.

The first EWU department to jump on the bandwagon was the athletics department, but they put their own spin on things. Swoop made his first “Harlem Shake” appearance. Second, all of the students who participated in the video donated one dollar to victims of the Sandy Hook Elementary tragedy. In comparison to the other “Harlem Shake” videos on campus, the athletics department’s video has by far the most participants.

EWU’s bookstore has made the only other EWU-sanctioned video on March 1.

It is estimated that about 30-40 students took part. Lynn Grytdal, Marketing Coordinator for the EWU bookstore said, “It was a huge turnout. I’m impressed.” Dining Services donated sandwiches and punch for the event.

Noelan Schafer, a senior studying biology, said, “I think [Harlem Shake videos] are awesome. They’re funny. It can definitely be one of those things that gets old quick, but I think it’s a good amusing couple [of] weeks watching videos.”

He said that he wanted to participate in the bookstore’s video because he and his friends wanted something to look back on. Schafer and his friends wanted to remember being silly in college. Schafer said that he is not too embarrassed to have something like a Harlem Shake video on the



Students, staff and faculty participated in the EWU Bookstore's "Harlem Shake" March 1. This video is one of two EWU-sanctioned "Harlem Shake" videos.

Photo by Nic Olson

internet for future employers to see because he already has a job lined up.

Kimber McLaughlin, a 3-D animation freshman, said she thought that a lot of people think they are really annoying videos, but said that, “I love the humor of randomness.” She said that she wanted to be a part of the bookstore’s Harlem Shake video because she had such a great time being a part of the student-made EWU library video. McLaughlin

said, “When I heard they were doing this, I thought, ‘Oh, this is going to be even crazier, there’s going to be even more people.’ So, I thought it’d be a memorable moment.” McLaughlin said she is not embarrassed at all about the video going online. “You can’t get embarrassed for having fun,” she said.

One of the student videos, as McLaughlin mentioned, was set in the EWU library.

Though there are not very

many participants, they make up for it in their silliness and total bravery by filming it in a public place. McLaughlin said that the guys invited her into the video at the last minute to play a librarian. She said, “I thought it was so much fun, being in that video [as a] spur-of-the-moment thing.” This video is the only one known to include an EWU professor: Grant Forsyth, Ph.D., wears a hat and sunglasses in a vain attempt to stay anonymous.

Another student-made video was set in a ninth floor Pearce Hall dorm room.

Dylan Farrell, a freshman studying computer science, filmed, edited and posted the video online. Courtland Sparacino, another EWU student, had the idea and got his friends together, including Farrell.

There is some foul language and men in underpants, so keep that in mind before you watch the video



Want to know how an Easterner story comes together?
Go to <http://bit.ly/XT0ioW>

Corrections

Issue 17 Corrections

In the Condom-Mania article, the following names were misspelled: Laurie Hays, Tonya Jones, Taunnia Brockmier. Hays is also not the director of Condom-Mania and Jacqueline Alonso was also not involved in the 2012 Condom-Mania event.

The photo of Kourtney Pickens trying to fit the condom on the wooden phallus was taken by Jade Raymond. The photo of Rudy Francisco was taken by Al Stover.

Issue 18 Corrections

Experience was misspelled in the Corona Village article.



Dorm Gourmet is back.
To watch the newest episode go to <http://bit.ly/XRjtCo>

Police Beat

By Linsey Garrison
STAFF WRITER
garrisonlinsey@gmail.com

Feb. 24
10:10 a.m.
Agency assist
EWU officers assisted the Cheney Police when a male subject was found highly intoxicated and passed out on the lawn of a church on North Sixth Street.

9:50 p.m.
Marijuana violation
A male student in Streeter Hall was cited and released for possession of marijuana less than 40 grams.

Feb. 25
9 a.m.
Theft
A name sign in front of Showalter Hall was disassembled and stolen. Building employees did see a group of people carrying it away. Two more signs were also stolen from the Art building.

Feb. 26
9:30 p.m.
Marijuana violation
A male student in Louise Anderson Hall was reported for the odor of marijuana coming from his room. The student had a previous drug-related arrest but no drugs were found.

March 1
3:40 p.m.
Malicious mischief
Non-gang-related graffiti was found in a stairwell in Dryden Hall.

March 2
8:50 p.m.
Marijuana violation
Three male students were contacted in Pearce Hall regarding the odor of marijuana. One student was cited and released for possession of a controlled substance less than 40 grams.

11 p.m.
Marijuana violation
Two female students were contacted in Pearce Hall regarding the odor of marijuana. One student was cited and released for possession of a controlled substance less than 40 grams.

March 3
12:25 a.m.
Alcohol violation
One male and three female students in Pearce Hall were cited with an MIP. One student was transported to the hospital.

8:17 a.m.
Malicious mischief
Anti-Semitic graffiti was found near lot 12 on the water tower fence, a campus recreation bus, a challenge course Gator and in nearby dugouts.



Feb. 24 - Agency assist
An intoxicated male student was found passed out on the lawn of a church on North Sixth Street. EWU officers assisted the Cheney Police.

Illustration by Amy Meyer

5 NORTH

JULKA LAWRENCE



Classifieds:

MAKE A DIFFERENCE
IN THE LIVES OF HIGH
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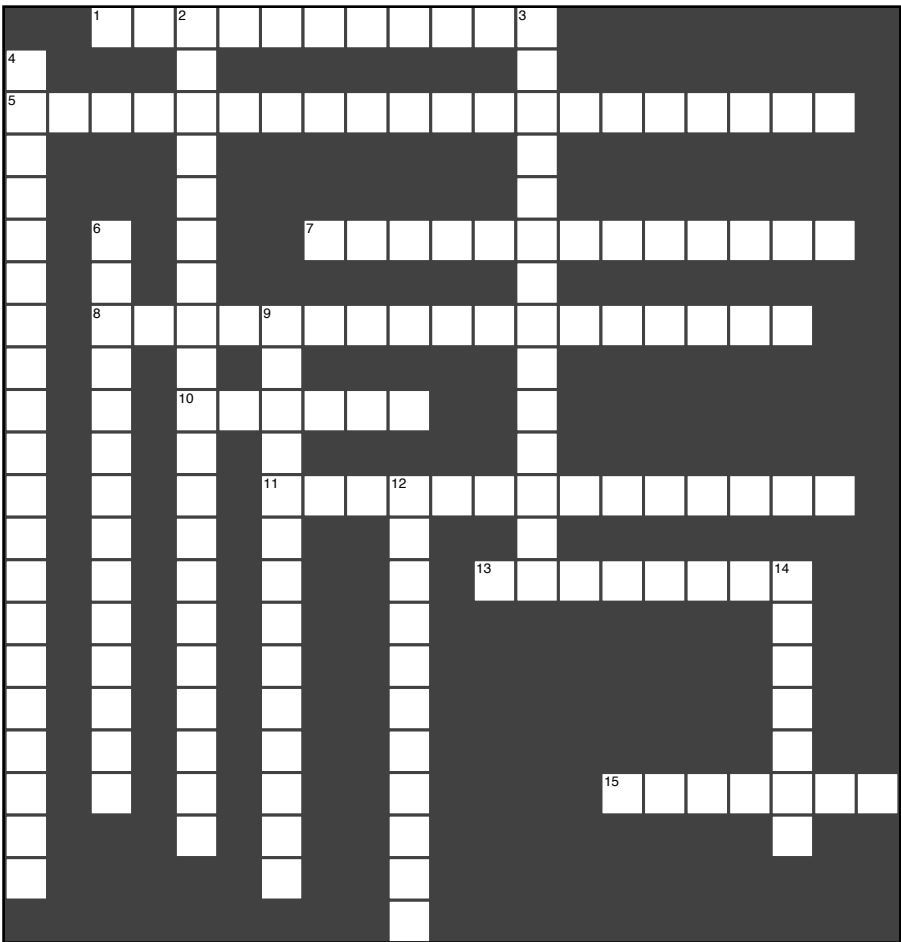
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CROSSWORD



Across

1. Some schools have been allowed to continue their use of an American Indian mascot as long as they have permission from ____ (2 Words).
5. ____ Club was formed for students taking courses in dance and others who want to practice and perfect their skills (3 Words).
7. ____ holds the record for career starts, sixth for career steals, third in 3-pointers made, second in attempts and is the 16th Eagle in history to surpass 1,000 points (2 Words).
8. Co-captains Jess Knowles and ____ lead the women’s rugby team (2 Words).
10. Eastern’s annual drag show, called, Keep Calm and ____, raised more than \$3,000 for Spokane AIDS Network (2 Words).
11. The ____ nominations are due by Apr 5. This year’s winner will receive a bronze medallion and a \$1,500 cash prize from the EWU foundation (2 Words).
13. In collaboration with Washington Trust Bank, the Veteran’s Resource Center held a lunch to inform local business managers and human resources representatives about the advantages of hiring ____.
15. Nearly 30 million Americans who suffer from eating disorders find things such as a healthy diet and regular exercise to be stressful. This can be a major source of ____.

Down

2. ____ has four different vendors and more than 200 types of wine in stock (3 Words).
3. The hockey team split its regular-season games with ____ and missed out on the final spot in the British Columbia Intercollegiate Hockey League playoffs (2 Words).
4. The annual ____ Conference is about funding for developmental programs and how facilities can get approved for funding (2 Words).
6. The Consumer Financial Protection Bureau looks to promote the financial stability of the country by improving ____ and transparency in the financial system.
9. ____ is helps connect entrepreneurs, business people and investors to make their ideas launch-ready in a one 54-hour marathon at the Washington state University Riverpoint Phase (2 Words).
12. ____ on a lease just before it expires can mean a tarnished rental history, making it harder to rent from another landlord in the future (2 Words).
14. This year marks the 40th anniversary of this mascot change. However, this nickname continues to emerge on the university landscape.

Answer key can be found at easterneronline.com

Easterner Horoscopes

By Kristie Hsin and Linsey Garrison

Pisces Feb 19-Mar 20: The sun is finally making its way out. But beware. Do not ride your bike to campus yet. It’s going to get stolen.

Aries Mar 21-Apr 19: In the coming weeks you’re going to find yourself having fewer and fewer friends unless you change your ways. You’re too negative about life. Also, stop complaining about using grids and guidelines for your design projects. You’re only hurting yourself.

Taurus Apr 20-May 20: Drink more. It’s OK, your liver can handle it. If you don’t like it, just keep drinking until you do. Unlike Aries, you have enough people around you who care about you. Good friends help each other to their beds. Better friends will drink with you.

Gemini May 21-Jun 20: Your heart sounds like dub-

step, not because of your new playlist, but from all the Monster drinks you put in your morning brew. In this case, less is more.

Cancer Jun 21-Jul 22: Your co-workers keep taking your office pens and you’re tired of scrambling through your desk. Starting today, take all their pens. That will teach them.

Leo Jul 23-Aug 22: Enjoy your Taco Bell today. It’s OK because you’re going to the gym tomorrow. At least, that’s what you keep telling yourself. Now tell yourself this: You want to live to at least 50.

Virgo Aug 23-Sept 22: Daylight saving begins this week. Get ready for more sunlight and fun in your day, you deserve it.

Libra Sept 23-Oct 22: Back up your hard drive. With finals coming up, you really don’t need any additional stress. In fact, invest in a back-up for your back-up. Things don’t always work

or pull through, especially when you need it the most. Better safe than sorry.

Scorpio Oct 23-Nov 21: Use a condom. There’s a lot you still want to do without a family, like eating ice cream and not having to share it.

Sagittarius Nov 22-Dec 21: You have a cold coming on and chances are, it’s from the strange bottle you found and decided to drink out of last weekend.

Capricorn Dec 22-Jan 19: You’re constantly blowing out other people’s candles just to make yours brighter. Consider the feelings of others and the impact your words have on them. Spitting on their candles doesn’t help the situation either.

Aquarius Jan 20-Feb 18: Your birthday has come and gone and yet you’re still expecting people to pick up your bar tab. No one likes a mooch. Don’t be a mooch.

Easterner horoscopes are for entertainment purposes only.

Wine:

continued from page 6

considered an anytime wine, and a Cabernet by Barnard Griffin, a local winery from Richland, Wash.

Moxcey explained that red, “brawny” wines should be served with meats since they tend to have a stronger, more masculine taste. Sweeter wines, which are usually light in color, should be served with desserts because they have a softer, less masculine taste.

Moxcey, after she picked her selection of red wine, raced to the back of the store and grabbed New Age Argentina, which she chose because it “could be made into a drink” with a little ice, lemon or lime.

Her fourth and fifth choices, Cuveé Jean-Louis Charles De Fère, a sparkling white wine blended with multiple grapes, and Chateau Ste. Michelle, a local Columbia Valley blend in Sweet Riesling, are two wines that she described as “full of flavor.”

Moxcey said that not all red wines have an extremely strong flavor and not all white wines are necessarily sweet and that is why it is important to experiment with other brands.

Moxcey had to add Hogue Red Label, another local brand from the Columbia Valley. She said that, “It’s usually always under \$10,” and has good flavor.



Photo illustration by Aaron Malmoe

Claret is one of the many types of red wine currently sold in markets.

According to Health Magazine, wine benefits the body in numerous ways. Wine, in moderation, is shown to boost immunity, reduce overall body mass and prevent bone loss.

Those who drink wine regularly tend to have smaller waistlines, according to Health Magazine. After a glass of wine is consumed, the alcohol has been shown to burn calories and fat for up to 90 minutes.

As a result, moderate wine consumption has been shown to reduce the risk of cardiovascular disease, according to Katrina Woznicki, contributor for WebMD Health News.

Health Magazine said that half a glass of wine daily can prevent ulcers, stomach cancer and it has even been shown to fight

foodborne illnesses, like salmonella, by killing germs in the stomach.

Woznicki explained that resveratrol, a chemical found in the skin of red grapes, can help to prevent neurodegenerative disorders, like Alzheimer’s, and reduce levels of “bad” cholesterol.

Contributors at the Mayo Clinic Online said that all red wines have resveratrol, and that in moderation, wine can be heart healthy.

Cheney Trading Company carries four of the six recommended wines including: Hogue Red Label, Chateau Ste Michelle, Barnard Griffin and New Age Argentina. To get information on sales, Heaton suggested that students pick up the weekly beverage guide available in store.

Loans:

continued from page 3

The bureau is also looking to learn from researching what currently works in other countries and other U.S. loans markets, and how those techniques may be applied to the U.S. private student loan market. They want to know what options are currently available and how they are not serving borrowers appropriately.

Forbes reports that in 2012, the average American student took out \$27,000 in student loans over the course of their education. The average student loan interest rate was about 5 percent from 2008-2012, according to American Student Assistance.

According to the calculator at finaid.org, this means that the epitome of the average American college student will be paying \$280 per month on student loans for 10 years.

According to the bureau, about 850,000 distinct private student loans, or \$8 billion total, were defaulted on as of 2012. American Student Assistance found that private student loans are defaulted upon twice as often as public student loans. They also found that about 15 percent of both public and private loan borrowers default on their loans within the first five years of their repayment term.

The Consumer Financial Protection Bureau may release their findings as soon as this April.

Veterans:

continued from page 3

“It’s the only profession I’ve been in where in the training environment ... you’re being trained to take your boss’s job,” Adams explained. “That’s the explicit goal every time. I think that’s an intentional thing that I haven’t experienced in other jobs.”

Derek Tyree, an Air Force veteran who currently works at Washington Trust Bank, helped organize the event.

The bank has recently implemented a military preference policy that makes it easier for applicants to identify themselves as veterans in their e-recruiting system.

“We’ve also talked about designating certain jobs as veteran preference positions,” Tyree said. “We will work on integrating the veteran’s preference piece into all hiring classes and all of our training recruitment classes. We’re taking baby steps.”

Millet said it is important for employers to forget pre-

conceived notions about service members when they re-enter the civilian workforce.

“I just ask you to be open when you see or talk or interview a veteran. They do bring the leadership qualities, the teamwork qualities, integrity, all those things,” Millet said.

“Next time a veteran’s résumé crosses your desk or you’re interviewing a veteran, maybe spend a few more minutes listening to him or her, and maybe give him or her an opportunity they may not [otherwise] get.”

THE EASTERNER

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Forbes cements legacy at Eastern

The senior guard establishes himself in Eagle basketball history

By Kelly Manalo
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Jeffrey Forbes holds the record for career starts, sixth in career steals, third in 3-pointers made, second in 3-pointer attempts and is the 16th Eagle in history to surpass 1,000 points. What Forbes has accomplished is not easy. “Jeff [Forbes] has fought through a lot of injuries, and that’s just a testament to how he’s taken care of his body as an athlete and being disciplined,” said head men’s basketball coach Jim Hayford.

“I don’t think he’s played a game this year where he’s felt 100 percent. He’s had a lot adversity. He plays through pain and he’s very tough,” said Hayford.

Forbes was offered a scholarship because he had a burning desire to compete, according to Kirk Earlywine, former head basketball coach.

“[Forbes] scoring 1,000 points in his career is an unbelievable accomplishment and a testament to him because he only had one Division I scholarship [offer] coming out of high school,” said Earlywine.

Forbes played for one of the premier high school programs in the state at Federal Way. “He played for a terrific high school coach, Jerome Collins,” said Earlywine. “He was extremely well coached by Jerome Collins.”

“He came in as a freshman and was not a highly-touted recruit. There were a lot of people around Big Sky checking my sanity for signing him. In my eyes, he’s proven those people wrong.”

Forbes is a great leader with high character and a large work capacity, according to Earlywine.

“If you want to be the best, you

got to set yourself at a high bar. When someone else is sleeping you can be working out, that’s what Jerome [Collins] always taught me. I just took that [advice] and ran with it,” said Forbes.

“He’s going to be in the top five in all-time in 3-pointers made at Eastern Washington University. His name is all over the record books,” said Earlywine.

“I’m equally as proud of Kevin Winford and Jeffrey Forbes,” said Earlywine.

Winford and Forbes have been on the same team with each other for four years. They are roommates and best friends.

“I know he’s very proud of [making 1,000 points]. His family’s very proud of it. We’re all very proud of it,” said senior guard Winford.

“I’m also so proud of him academically, he’s on course to graduate to get his degree, proud of his citizenship and everything that he’s become. I couldn’t be more happy for him,” said Collins.

“You couldn’t ask for a better young man with values and how he lives his life, from what he does academically, his effort level in the classroom, how he treats people and how he interacts with people. That’s really a testament to his parents and especially his mom, Jill,” said Earlywine.

“[Training] is just all about repetition and trying to set yourself up to be successful and be the top player that you can be. It’s all about the levels of basketball that you create for yourself and the goals that you want to reach,” Forbes said.

“I expect tremendous effort [from Forbes] and [he] is the best example everyday to the rest of the team,” said Hayford. Forbes shows his teammates

how hard you have to work to be successful, and he brings it every single day.

Forbes said himself that he is competitive and tries to help out his team by doing everything he can.

Every summer since Forbes graduated from high school he has volunteer coached Federal Way High School’s basketball team.

This year, Federal Way was ranked number two in the state for most of the season, but their season was recently cut short. Forbes texted Collins to send a message to the team saying, “Keep your head up and remember the hurt, and let it propel you for next year.”

“That’s so typical of him,” said Collins.

Forbes volunteers because he loves the program, his former coach and the players. “It’s always great to give back to a program that’s successful and that you helped build,” said Forbes.

“It’s all about me helping [the players] progress, telling them what it’s like, the steps to get there and how to get there. It’s just a great feeling knowing you can help another kid out the same way that someone helped you out.”

“[Basketball] builds character in you, and it makes you a stronger person. It takes you from a boy to a man really quick. You just want to keep growing as a person and as a basketball player all in one,” said Forbes.

“I’ve played against Damian Lillard and he plays for the [Portland] Trail Blazers and he’s going to get

rookie of the year, I believe. He went to Weber State. So you just look at guys like that and you look at how they set the tone and you just want to compete against guys that are at that level. You don’t want to go down, you want to go up,” said Forbes.

Photo by Aaron Malmoe



Eagle hockey clubs finish respective seasons



Photo by Anna Mills

Alec Burks awaits the puck against Selkirk in the URC on March 11. The Eagles won, 4-1.

Varsity falls just short of the postseason

By Peter Sowards
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The EWU Eagles hockey team split its regular-season games with Selkirk College and missed out on the fourth and final spot in the British Columbia Intercollegiate Hockey League playoffs.

After a 4-1 victory over Selkirk on March 1 at the EWU Recreation Center, the Eagles needed a win on March 2 combined with a University of Victoria loss to make the playoffs for the second straight year. Unfortunately, neither of those happened as EWU fell behind 3-1 after the first period and ultimately lost 7-3 with Victoria defeating last-place Trinity Western 7-2.

“I think we ran out of gas,” coach Bill Shaw said. “We dug ourselves a pretty big hole at the end of January. We almost had gotten our way out of it but it looked like Saturday we just didn’t have a whole lot left.” Selkirk finished the year with a 20-3 record—two of the three losses came thanks to the Eagles. “We went 2-2 against them which is probably better than a lot of people thought,” Shaw said. “We thought we could get one more.”

Despite missing the playoffs, Shaw feels optimistic about his team. All but three players—captain Bret Kellogg, Joel Blasko and Matt Randall—are set to return for the start of the 2013-14 season. “The core of the group is coming back minus our captain, Shaw said. “We’ve got some guys coming in that can help out even more. It’s going to take quite a few guys to replace the leadership Bret brought but I think we’ve got some guys in there that can step up and do it.”

Before EWU’s two-game showdown with Selkirk, freshman defender Chase Wharton said the 2012-2013 season will “definitely” be a disappointment if the Eagles do not make the

playoffs. “If you don’t [think that], you’re not competing hard enough,” he said. “You have to want to win. Like Vince Lombardi said, ‘If it’s not about winning, why do they even keep score?’ It’s a big deal.”

Leading the Eagles with 19 assists on the season, senior center Bret Kellogg said the Eagles’ misfortunes this season hardened their collective wills. “We’re battling for our lives right now,” he said. “The adversity is at our highest right now. I believe that adversity introduces a man to himself—that’s what we have to do to ourselves.”

The Eagles suffered key injuries during the 2012-13 season, forcing players to step into roles they would not have normally been afforded. “You had some guys asked to do some things they probably weren’t expected to do when they came here in September,” Shaw said.

Despite a 3-6 stretch from the end of October through November, Shaw said his team kept their heads up. “We had a lot of times where you could have packed it in and said, ‘Hey, this just isn’t our year,’” he said. “We did win some games there when we were banged up. Every one of those wins is coming back to be [important]. Those three games that we did win out of the nine when we had guys banged up are certainly a help for us now.”

“We’ve had a pretty good run. You got to be proud of the guys for not going away when it was probably easy to.”

EWU finished with a 9-14-0-1 overall season record. Freshman winger Uriah Machuga finished as the team’s points leader with 30 in his first season with the Eagles, scoring 15 goals and collecting 15 assists. He was also the team’s leading goal-scorer and his 30 points tied for eighth-best in the BCIHL. Goalkeeper Jason Greenwell finished with a .898 save percentage, just ahead of teammate Cash Ulrich, who saved 86.8 percent of shots on goal.



Photo by Aaron Malmoe

Colt Milton hits a slap shot during the Eagle’s hockey game against WSU on Feb. 23.

Junior varsity wraps up rebuilding season

By Elohino Theodore
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For the EWU men’s junior varsity hockey club, the American Collegiate Hockey Association team went through a roller coaster of a season. “The season [has] been good; it’s a building year for sure. We [have] a bunch of guys coming next year. We [have] a new coach this year,” said junior forward Travis Condon.

The club has dealt with disappointment this season. “It’s been a lot of losses this year. It’s been a rough season,” said Condon. The longest losing streak that the Eagles have had this season was in the month of October when they lost five straight games.

The toughest opponent for the team has been Western Washington University. The Eagles have played four games against them and have lost all four. Earlier in the season, the team played Western Washington in Bellingham, Wash., where they went 1-8 for both away games. They have also played Western Washington on Feb 15 and 16 at home where they were also defeated.

According to sophomore forward Calvin Landby, dealing with the large number of losses this season has taught the team character. Landby wants the team to be more patient. “It comes down to playing each period 20 minutes at a time,” said Landby.

Statistics show that the team had been improving as the season went on. They have won five straight in the month of January against schools such as Central Washington University and Montana State. The best part of the season for Condon was when he earned a hat trick in the game against Washington State. The Eagles defeated Washington State 6-0 on Nov. 8.

Landby’s favorite part of the season was the first win for the team back in October. They played Portland State and defeated them, 5-3. Portland State at the time was ranked No. 1 in the conference. “We were going through that rough part of the year and to get that first win off your back felt great,” said Landby.

The club is constantly trying to improve in the best way that they can. “Our team could use maybe a little bit of a better mentality. I feel like we need to stay positive,” said president and senior defenseman Jake Schroeder.

Schroeder also wants each player on the team to find something to improve on. “I think some individuals can better themselves, which will enhance the team as a whole,” said Schroeder. This will be Schroeder’s last season. However there are still things that he would like to work on. “I’d like to improve my shot and my confidence a little bit,” said Schroeder.

At the beginning of the season, the team joined a new conference called the Northwest Conference, which was a part of the National Association of Intercollegiate Hockey. The goal has always been to prove to their conference that they are a competitive team.

In a transition year for the Eagles, they tried not to become distracted from all the changes that went on. In addition to a new coach and the new conference, the team also had to adjust to players leaving. “We lost a few guys to graduation last year, so [we are] bringing in a lot of new faces and getting them adjusted to the college scene,” Landby said.

According to Schroeder, playing for his school competitively is always an honor. “We offer a chance to represent your school, which is huge, and you get to do it on the ice in one of the best facilities in the nation.”



Photo by Anna Mills

EWU's Joseph Cohen was named Big Sky Player of the Week.

Men nab elusive third win of year

Eagles split weekend home matches

By Josh Friesen

SPORTS EDITOR
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In a season defined by close matches and tough losses, the Eagle men were on the losing side yet again against Big Sky Conference leader Montana State on March 1, falling 4-3.

Three Eagles emerged victorious in the match against the Bobcats: No. 1 Joseph Cohen, No. 2 Eduardo Martinez and No. 6 Stefan Farrar.

The match did not start particularly well for the Eagles, where they lost all three doubles matches to concede the first point to Montana State. Though No. 1 doubles pair Cohen and Martinez went point for point in the first eight games against the Bobcats' Javier Martin-Morillas and Niklas Brandes, they were unable to hold on, losing the match 8-4.

Both Eagle men were able to make up for it in their respective singles matches. Cohen, matched up against Brandes in No. 1 singles play, lost the first three games and saw himself down in the first set 3-0. The match quickly heated up, however, as Cohen dug deep and won the next six games of the first set. He made easy work of his opponent to conclude the match, 6-3, 6-1.

"Once he finds his rhythm, he's unbeatable," men's head coach Darren Haworth said. "It takes him a little while, but he's potentially the best player in the conference."

Martinez also found himself down in the No. 2 singles match to Contreras, but managed to win two consecutive sets of his own, winning 5-7, 7-6 (7-5), 6-1.

"Martinez at ... two, [he and Cohen] really [have] been kind of cornerstones of our team this year. They've been kind of rock solid," Haworth said. "We can't continue to rely on our top guys."

The rest of the Eagles were not as fortunate. Tomas Aranguiz lost at the No. 3 spot, 2-6, 7-5, 6-4. Kyle Koetje lost at No. 4 6-4, 6-4 and Luke Thompson fell in No. 5 6-1, 6-3. The only other Eagle to register a victory was Farrar at No. 6 singles, 7-6 (7-3), 6-4.

"We've got to get stronger lower in the lineup," Haworth said. "Ferrar played a great match tonight."

Despite the increasing losses, Haworth feels good about the growth his team continues to show.

"We got a young team, and they were unsure what to expect going into the season," Haworth said. "We've lost a couple that have been really tough, but the guys are learning how to compete better [and] learning what it takes to win."

"Overall, I think as a team we're slowly getting better."

Despite recent back-to-back losses, Eagles make midseason turnaround

Eagle women falter against Gonzaga and Northern Colorado

By Amye Ellsworth

STAFF REPORTER
amyellsworth@gmail.com

Women's tennis started the season with five crushing losses, but now they are the ones dominating.

Led by interim head coach Dustin Hinson, the Eagles' biggest win was the 7-0 defeat of Seattle University on Feb. 23.

Sophomores Moira Hedberg and Chrissy Uriarte are on their own individual winning streaks.

Uriarte has won five of her last six matches, and Hedberg has won her last six. Although they are always excited to win individually, Hedberg and Uriarte said it is better to win as a team.

"It's always nice winning, but unless the team wins, it doesn't matter too much," Uriarte said.

Hinson, Hedberg and Uriarte all agree that the determining factor in this winning streak is the team's newfound sense of confidence in themselves and their abilities.

"They're getting to a point where they're getting confident in their shots and their playing ability. With each match we've won, you can see their confidence building," Hinson said. "They're stepping out on the court thinking, 'I know that I can win this.'"

Hinson said that not playing tentatively and not being afraid to lose are important to building individual confidence.

"In tennis, if you're afraid to lose, you play tentative. Then you do lose because you're not hitting the shots that it takes to win," he said.

The team has been working on coming away from their losses in a way that makes them stronger.

"It's hard to lose, but we try to pull positives out and learn from it," Hinson said. "I feel like they really did that, and I think those losses were helpful [for] the girls [to] gain some confidence in moving forward."

According to Uriarte, these past wins have been just what she needed to start playing to her full potential. She has been using her practice time to focus on making the shots that usually trouble her the most during games.

Hedberg has noticed a difference in her teammates' intensity, especially the seniors, during the last few matches. She said that seniors Kelsey Knight, Rocio Norena, Chelsea Patton and Ryann Warner are beginning



Photo by Dylan Paulus

After losing four of her first five matches, Moira Hedberg has won her last six.

to realize that their college tennis careers are coming to a close.

Because of this, they have been working harder to ensure wins for the team. Hedberg said that the intensity of the seniors has transferred to the rest of the team, allowing them to secure big wins over their competition.

"Against Seattle, we had a lot of close matches and we were already up 4-0," Hedberg said. "We had already won, but everyone still fought through because we wanted to win 7-0 that bad."

In regards to the seniors, Hinson said he admired Patton's leadership role on the team and her ability to rebound after a loss.

The Seattle University victory was Patton's first individual win of the

season. Hinson also commented on Knight's knowledge of the game in terms of knowing what she needs to do to secure a win. Knight is currently on a four-game winning streak.

However, Hinson acknowledged that it is not just one individual player that can secure a win; it is a team effort.

"I give all the credit to the players," he said. "Everyone across the board has been doing great and contributing."

According to Hinson, the Eagles have a few more tough matches to contend with before the season is done, but Uriarte is not worried about taking on the challenge.

"We can beat good teams if we just play the way I know we can play," she said.

Women's rugby seeks to join league next fall

Club hopes for a more solid league schedule

By Amye Ellsworth

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The women's rugby club started the year with only five returning players, but since then their numbers have gone up to as many as 42.

Co-captains Jess Knowles and Christina McDonald have been working to get more involved on campus and recruit more rugby athletes.

Next year, the rugby club hopes to join a league. This is something they have unsuccessfully tried to do in the past due to uncommitted players.

However, Knowles is confident that the current players are committed enough to make their league efforts more successful in the future.

"There's a lot of freshmen, so they're coming off high school sports. A lot of them are really dedicated, even though they don't have to come to every practice," Knowles said. "That's a great value to have, especially for a club sport."

Before they can join a league, the club has to finish out the spring season. They will play Gonzaga, Idaho and Montana.

Knowles and McDonald are trying to generate more interest by involving the club in more campus events and by volunteering in the Cheney area.

"We've been branching out a lot more this year," Knowles said. "[If] any club needs support or is trying to do a fundraiser, we try and do what we can to help them. We also do some volunteering at elementary schools."

Their efforts have helped in building their team number, but the large number of girls has also proven to be a problem. The club does not have an official coach, so it is up to Knowles and McDonald to decide who gets to play.



Photo by Anna Mills

The women's rugby team in a scrum with the Central Washington rugby team. The game ended early due to injuries sustained by members of CWU.

"We try to give everyone equal playing time, but just like any other sport, it's also going to be based off of skills and commitment," Knowles said. "If we notice you giving your all in practice, we're going to put you in the game."

Fifteen players can play at one time, and Knowles said the fact that rugby is a tiring sport makes substituting players easier.

Looking back on the fall season, Knowles said her biggest highlight was the game against Washington State University. Even

though Eastern did not win, Knowles was proud to be able to score against a nationally ranked team. The club ended their fall season with a 2-2 record.

Knowles, a former basketball player, started playing rugby with some of her friends. She discovered she had a talent for the sport, so she joined the club last year. Since then, she has worked to develop a better image for the team.

"There [were] a lot of issues we had last year. It wasn't very well known, [and] we

didn't have a good name for ourselves," she said.

This year, the team spends time together on and off the field. They also spend time with their opponents. After each game, the Eastern rugby club holds a social for the opposing team, which involves a home cooked meal and singing rugby chants together.

"It's probably my best experience I've had here at Eastern," Knowles said. "The team is kind of like a sisterhood you can't get anywhere else."

Sports in brief:



Borja

The women's golf team, led by freshman Ma-rissa Borja and senior Morgan Lee, finished eighth out of 21 teams at the Red Rocks Invitational at the Oakcreek Country Club in Sedona, Ariz., on March 3. Borja shot a 149, good for second among Big Sky golf-ers. Lee shot a 150. Both golfers finished in the top 10 overall. It was the Eagles' best finish of the 2012-2013 season.

The men's tennis team rebounded from a 4-3 loss against Montana State on March 1 to claim a victory against Northern Colorado on March 2, 5-2. Joseph Cohen, who was recently named Big Sky Player of the Week for the second time, won in straight sets, 6-4, 6-2. The Eagles swept North Colorado in all three doubles matches. The Eagle men are 3-9 overal and 1-3 in the Big Sky.

The women's tennis team lost against Gonzaga, 4-2, on March 1. On March 2, they fell to Northern Colorado, 4-3. No. 1 singles player Moira Hedberg continued her dominant play, winning both her matches in straight sets, 6-0, 7-5 against Gonzaga and 6-4, 7-5 against Northern Colorado. The Eagle women fell to 4-7 overall and 2-2 in the Big Sky.

Junior Steven Warner of the EWU track and field team was recognized as one of the recipients of the "Keepers of the Dream" Outstanding Academic Achievement Award by Eastern's African studies department. The award focuses on students of African descent who move towards achieving their goals in the classroom. An exercise science major, Warner holds a cumulative GPA of 3.73. Warner redshirted for the 2013 indoor season and is preparing for the outdoor season.

Upcoming:

The men's basketball team will round out the season at Idaho State on March 7 and at Weber State on March 9. Tipoff for both games is scheduled for 6:05 p.m.

The women's basketball team will finish their season at home when they host Idaho State on March 7 at 6:05 p.m. and Weber State on March 9 at 2:05 p.m.

The men's tennis team will host Pacific Lutheran on March 8 at 3 p.m., followed by North Dakota on March 12 at noon. Both matches are in the Jim Thorpe Fieldhouse.

The women's tennis team will travel to take on Boise State on March 8 at 5 pm. They will stay in Boise, Idaho, to take on New Mexico on March 10 at 9 a.m. They return to Cheney to take on North Dakota on March 12 at 4 p.m. in the Jim Thorpe Fieldhouse.

The golf team will travel to Primm, Nev., to compete in the Jackrabbit Invitational on March 11 and 12 at the Primm Valley Golf Club.



Photo by Aaron Malmoe

Tyler Harvey drives to the basket against North Dakota's Troy Huff. Harvey led the team with 21 points off 9-of-17 from the floor. He also led the team with eight assists.

Playoff chances dwindle

By Amye Ellsworth
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The Eagles desperately needed a win against the University of North Dakota to increase their chances for a place in the Big Sky Tournament, but 16 turnovers and a career-high 34 points by North Dakota's Troy Huff caused Eastern to lose 78-74.

It was senior night at Reese Court, and head coach Jim Hayford started all four of his seniors: Jeffrey Forbes, Collin Chiverton, Jordan Hickert and Kevin Winford. Winford is still recovering from compartment syndrome and was immediately replaced by freshman Tyler Harvey. Forbes started his 119th career game, a record for Eastern.

Hayford highlighted Harvey's developing skills at taking over the point guard position for Winford. Harvey ended the game with 21 points and eight assists, leading the team in both categories.

WHAT NEEDS TO HAPPEN FOR EWU TO MAKE IT TO PLAYOFFS?

EASTERN WINS OUT... and MONTANA WINS OUT... and MONTANA STATE WINS OUT...

CRAZIER THINGS HAVE HAPPENED

"We're obviously very excited about him and the future that he has," Hayford said.

Harvey commented on his mentality going into each game. "Every game I try to learn something new at the point," he said.

Sophomore Martin Seiferth also garnered Hayford's attention in terms of his ability to build on his skills. Seiferth ended the game with his third double-double of the season. He had 14 points and 14 rebounds against North Dakota. Seiferth was hesitant to give himself praise, however.

"Obviously, I'm proud of myself, but I just really wanted to get into the postseason with the team, so I can't really celebrate myself," he said.

Despite these efforts by Harvey and Seiferth, the Eagles struggled to contain junior guard Troy Huff. Huff averages 19 points per game for North Dakota, but he had already scored 18 points within the first eight minutes of the game.

The Eagles anticipated that Huff would be a strong force on the court, and they started the first half in a zone defense in hopes of shutting

him down. Their zone had the opposite effect, however, and Huff scored two 3-pointers off of it.

"In the second half, we put senior Jeff Forbes on him. He did a great job of shadowing him," Hayford said. "I give Jeff Forbes credit for a great defensive job on him in the second half."

Forbes held Huff to 10 points in the second half, three of which were not until the last 10 seconds of the game.

In fact, the Eagles started the second half with great intensity and went on a 5-0 run

against North Dakota. They got as close as one point away from North Dakota with mere minutes left in the game.

When Forbes missed an open 3-pointer in the last 10 seconds of the game, the Eagles had sealed their fate.

"We executed [and] got a great shot. If I could get that shot for [Forbes] from the corner for a wide-open [3-pointer], I'd do it 100 times," Hayford said. "Collin made a great pass to him, and that shot just didn't go down."

Despite suffering this tough loss, Hayford looked ahead to the future and found positives for his team.

"On a positive side, if you look at any of these nights, probably 60-80 percent of our playing time is underclassmen. So I look at in the bigger picture," he said.

The Eagles will play the final two games of their regular season on the road against Idaho State and Weber State.

Eagles bounce back after road loss

By Peter Sowards
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Senior Carrie Ojeda scored a career-high 21 points as the Eagles completed a regular season sweep of North Dakota and finished with a 67-58 road victory on March 2.

The victory improved EWU's record to 16-11 on the season and 12-6 in the Big Sky Conference. Eastern is tied with Idaho State for third place in the conference behind Montana, 15-3, and Northern Colorado, 15-4.

"I was really proud of our team today," EWU head coach Wendy Schuller said. "We had a long travel day yesterday after finishing late on Thursday with a loss that obviously weighed heavy on us. I thought we did a good job of refocusing."

Ojeda was an efficient 7-of-10 from the field and made seven of her eight free-throw attempts, adding five rebounds and three steals.

"Carrie really asserted herself offensively from an early point today," Schuller said. "She was willing to step up and take shots, and she hit some big jumpers and scored a few times with her back to the basket. Late in the game, she was able to be aggressive and get to the line when [North Dakota] was starting to make a run."

North Dakota's 10-2 run late in the game cut EWU's lead to six points, but the Eagles went 4-of-4 from the free-throw line in the closing moments to secure the win.

"We got a little conservative defensively and were not attacking or moving as well on that end," Schuller said. "We gave up a few three-point plays and had a couple possessions that we just missed shots. Although these kind of games



Photo by Aaron Malmoe

Women's head coach Wendy Schuller talks to her team during their game against Sacramento State on Feb. 7.

aren't great for the coaching staff in terms of grey hairs, it was almost a good thing to be able to pull one out down the stretch."

Sophomore Lexie Nelson filled up the stat sheet with 14 points, five assists and seven rebounds. Fellow sophomore Kylie Huerta led all players with eight assists and committed just one turnover.

The Eagles bounced back from a bitter 67-66 loss against Northern Colorado on Feb. 28 that saw a five-point lead vanish in the final 1:07. UNC's Victoria Timm banked a short jump shot off the backboard with two seconds left to steal a victory from the Eagles.

"We battled as hard as anyone could battle," Schuller said. "I thought we did everything we could to win that basketball game, and to come up short in the way we did is extremely painful. I hurt for every single player we have right now."

Eastern shot a blistering 69.6 percent in the second half but was unable to overcome 14 turnovers in the game's final 20 minutes. Junior Aubrey Ashenfelter and Huerta combined to score 29 points on 14-of-17 shooting, while Sophomore Melissa Williams led the Eagles with six rebounds, the eleventh time she has finished as the team's top rebounder.

The Eagles return to Cheney for the final two regular-season games of the year: versus fellow third-place foe Idaho State on March 7 and against winless Weber State on March 9 for Senior Day.

Corrections

Issue 18 corrections

In the article, "Eagle women reach for the 'Sky,'" the picture is of women's basketball player Morganne Comstock, not Carrie Ojeda, which was the name in the caption.