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THE EASTERNER

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THE ULTIMATE



HOURS

After 85 hours and one minute of continuous playing time, a dislocated shoulder, a dislocated knee, a broken toe, various blisters, sprains and strains, the EWU ultimate team broke the Guinness World Record for the longest continuous ultimate match ever played.

By Kelly Manalo
Photos by Aaron Malmoe
FOR THE EASTERNER
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The match started March 22 at 9:59 a.m., the record was officially broken by March 25 at 6:15 p.m., but the team stopped playing four hours and 15 minutes later at 11:00 p.m., according to captain Zack Ranck.

Playing on the Roos field, there were two teams of 15 players: the black team and the white team. During play-

ing time, there were seven players to a team with rotating pods playing 12-hour shifts.

The world record holders are composed of 18 current EWU students and alumni with 12 from Whitworth University, Boise Ultimate and Spokane Ultimate.

The team was required to play by the World Flying Disc Federation rules and regulations. Each game was played until 17 points were scored with a 10-minute

halftime after the first nine points.

Nobody complained and nobody gave up, according to Ranck. "I thought somebody would bounce or end their shift, but even with a broken toe or dislocated knee, [everyone was] still 100 percent ready to get on the field and play and finish with no thought of leaving. That was definitely the most memorable for me."

"The hardest part was the nighttime because it got down to 20-something de-

grees. Everyone out there was freezing. We're all injured. We were just trying to get to sunrise," Ranck said.

Junior and exercise science major Melissa Cogburn's worst shift was from 1:30 a.m. to 1:30 p.m. "What made it bad was it was cold and miserable. We were all determined to push our bodies past what we were able to handle," Cogburn said.

"The EMT [Anastasia Black] went through all her equipment, every single wrap, every single sling,

brace, tape, everything," Ranck said.

The white team supported the black team because they had so many injuries, and they tried to finish the match without getting more injuries, according to Cogburn.

"Almost all of the injuries happened on the black team so they were definitely playing without subs for a good majority of the time," said Ranck.

There were never any replacements for injured team

members once the match started, according to Ranck.

"The longest amount of sleep I got was five hours. After that, we all had to cut down our sleeping, play more and nap at the field while we could," said Cogburn.

Many times Black had to pull players from their shift. She would tell them, "I won't medically clear you until you get some sleep for so many hours."

ULTIMATE-PAGE 14

Underage students restricted to daytime networking

Lack of nonalcoholic events curbs opportunities for students ahead of traditional college timelines

By Aascot Holt
STAFF WRITER
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If a student starts college at EWU before the age of 18, they are likely to be barred from university-funded networking events.

The popular university-promoted off-campus networking event, the EWU Young Professionals Network, attracts high-profile guests quarterly. No other networking event, dry or otherwise, garners that reputation.

EWU Foundation Associate Director of Alumni Relations Leah Mow is the key organizer of these events. She explained that her department holds most of their events, including the EWU Young Professionals Network meetings, in bars because they want the flavor to be "casual, fun and high-energy." She reinforced that the event's target audience is EWU alumni, though a secondary audience to the

events consists of present EWU seniors.

Mow said the department also chooses bars because they are free. She said that it is a better system than holding the events in other establishments because the department does not have to hire a caterer, there is minimal setup and in the end it is a matter of ease. "We just pay for the drinks and we pay for the appetizers and that's it," said Mow.

The most recent EWU Young Professionals Network meeting was held at Scout, a bar and restaurant in downtown Spokane. Scout did allow those under 21 to attend as the event was held in a dining hall, but the department had not bothered to ask, according to Mow.

Mow said that from now on, the department will advertise if an event is open to those under 21, but minors will not be a targeted audience. "It's on our radar now," said Mow.

As the Cheney Free Press

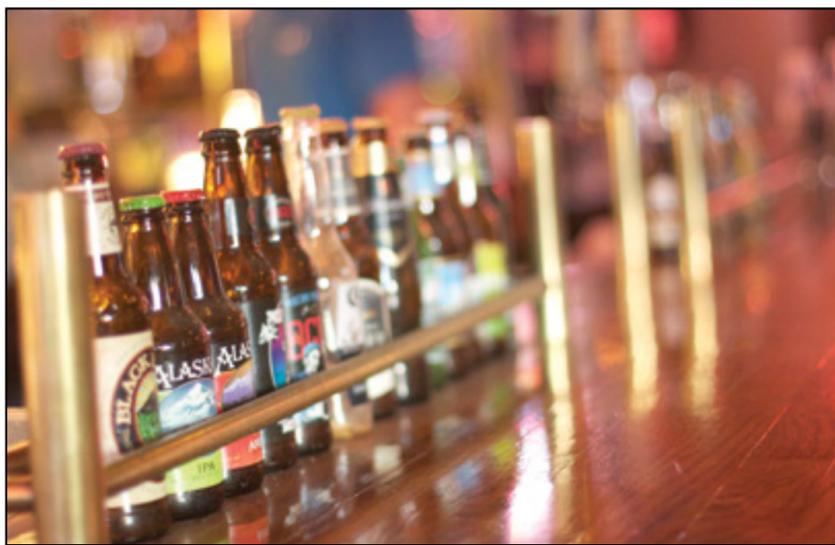


Photo Illustration by Evan Sykes

While organizers of many general networking events may assume college graduates are over 21, underage students and graduates may find company with profession-specific events.

states, the average EWU student enters the university as a freshman at just over 18. The Washington State Office of Financial Management

reports EWU students take 5.3 years to earn their undergraduate degree on average. This means the quintessentially average EWU student

graduates as a 23-year-old. This allows them to begin participating in alcoholic networking events in the fall quarter of their junior year.

Past running-start program participants have even more of a hurdle to jump over than the average student. If a student started running-start as a 16-year-old and maintained the same time to graduate, they would graduate as a 21.3-year-old. That leaves just two months as an EWU senior with the opportunity to participate in networking events that include alcohol.

That is assuming a spring birthday, though. Many running-start students could graduate, and even begin their careers, without the opportunity to attend these networking events because they are not old enough to drink.

Virginia Hinch, director of Career Services, said that age does not just create educational and personal challenges, but professional challenges as well. She said that it is assumed young professionals and college graduates are over 21 years of age.

NETWORK-PAGE 3



The deadline for the Stewart Book Scholarship is April 26 at 4:30 p.m. This scholarship enables students to buy books unrelated to fields of study. For more information, visit <http://bit.ly/13PYc1f>.



The EWU Marketing and Communications program brought home six awards across four categories. Read about their success on page 2.



Hungry for savings? Michael Barone shares his mealcount-stretching tips in Opinion on page 13.



Our special eight-page **clubs and organizations section** begins on page 5. Find clubs ranging from academics to sports.



Both men's and women's basketball teams each have a player who was named the Big Sky Freshman of the year. Find out how the future is bright on page 15.



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Human trafficking victims could be anyone

Mabel Elsom speaks about recognizing signs of human trafficking in the community

By Sasha Vogele
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Mabel Elsom, Lutheran Community Services' anti-human trafficking coordinator, spoke at the Lincoln Center on March 9 to educators, parents and community members about what human trafficking victims undergo and how to identify and help victims.

"There are two forms of human trafficking in our region: labor trafficking and sex trafficking," said Elsom. Both are considered serious federal crimes with penalties of up to imprisonment for life.

Federal law defines sex trafficking as an exploit "in which a commercial sex act is induced by force, fraud or coercion, or in which the person induced to perform such act has not attained 18 years of age."

Labor trafficking is defined by federal law as "the recruitment, harboring, transportation, provision or obtaining of a person for labor or services through the use of force, fraud or coercion for the purpose of subjection to involuntary servitude, peonage, debt bondage or slavery."

According to Elsom, human traffickers will typically use force when they first obtain a victim. "It is normally called a seasoning period because that is when they will get beat-



Photo by Nic Olson
Mabel Elsom lectured at the Lincoln Center on March 9.

en, burned, raped, gang raped [and] slapped. [Traffickers] will do whatever they need to do to make sure they are going to break [the victim's] will," said Elsom.

In addition to force, federal law recognizes fraud and coercion as tools used by human traffickers against their victims. Elsom gave the example of false job postings or business fronts that are used to recruit potential victims as fraud, and threatening a victim or a victim's loved ones in order to make the victim submit as coercion.

"Women, men, friends — really anyone can be a victim of a trafficker," said Elsom. "We have served victims as young as four and older than 64.

"Traffickers really don't

discriminate on the basis of anything. If they can make money out of you, then they will make money out of you."

According to Elsom, victims are recruited through many different ways such as by friends, word of mouth, front businesses, relatives and abduction. Oftentimes, traffickers do their research beforehand and target isolated victims without a good support group.

"When it comes to finding a victim of human trafficking, think of the vulnerable population," said Elsom. "Pay attention to strange things out of the norm ... and take an interest in people."

Retired teacher Kirsten Fehlig who attended the seminar hosted by Delta

Kappa Gamma Society International said, "I taught in [Los Angeles] for many years, and I think back now and I'm like 'Whoa, if I'd known what I know now, I could have helped people.'"

According to Elsom, victims of human trafficking are often scared to get help because they worry about what will happen to their families if they do. Legal prosecution of traffickers can take years and does not guarantee safety to victims and their families during the investigation.

Melissa Doty, an EWU graduate student who also attended the seminar, said at first she was angry while learning about human trafficking, but that now she sees it is power. "We have this knowledge that we learned today, and now we can use it. Identifying a victim is something we can put into practice today," said Doty.

Elsom did not give any statistics on the number of human trafficking victims and said, "When you give out numbers, then you are minimizing the rest of the people out there who are not getting help.

"You never know whose life you can change. Just know that it's not one life, it's a generation that you change. ... How many people is irrelevant. You're changing lives and that is what counts."

Signs of human trafficking:

- Abusive employment situation
- One person controlling another or a group (speaking for them, escorting them to/from work)
- Employer in control of employee's identification/immigration documents
- People locked inside a residence or workplace
- Someone unable to leave a particular job
- Threats to employee or employee's family by employer
- "Debt" owed by employee to employer
- Employee living in employer-owned or controlled residence.

Important phone numbers:

To report possible human trafficking or to obtain information on services for a trafficked person, call one of these numbers:

National Human Trafficking Resource Center, 24-hour hotline, 1-888-373-7888

Washington Anti-Trafficking Response Network, 24-hour hotline, 206-245-0782

Definition of Labor Trafficking

Using force, fraud or coercion to recruit, harbor, transport, provide, or obtain a person for labor or services in involuntary servitude, peonage, debt bondage or slavery.

Definition of Sex Trafficking

Commercial sex act induced by force, fraud, or coercion, or in which the person induced to perform such act is under age 18.



Awards for marketing and communications program

By Aascot Holt
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Eastern Washington University held its own against more than 130 colleges and universities this February, winning six awards at the 2013 District VIII Council for Advancement and Support of Education Awards.

EWU won one gold, two silver and three bronze awards across four categories. The Director of EWU's marketing and communications department, Teresa Conway, attributed the university's success in the Council for Advancement and Support of Education awards this year to the university's unique and special stories that were featured in the winning documents.

Each document the marketing and communications department publishes is made in collaboration with its respective related departments.

Conway specifically noted that Vice Provost for Graduate Education, Research, Academic Planning and Evaluation Ron Dalla was pivotal in the creation of the gold-winning DiscoverE annual magazine.

DiscoverE focuses on "how we [at EWU] are helping peo-

ple and making the world a better place." It features work from many departments, but the most intriguing projects came from the physical education department this year. Jeni McNeal is featured for her work with Olympic athletes. Jon Hammermeister is featured for his work with the Army, creating a new mental health test for new and returning soldiers.

"We do the best that we can on as tight of a budget as we can just to tell the story about Eastern," said Conway.

Conway said that winning the awards proves that EWU can stand up to anyone — regardless of EWU's disadvantages of not being a research university, not having a large student population and not having bundles of funding.

"When we can put our work up against all those other schools ... and they come back saying, 'Hey, we think your work is worthy and deserving of recognition,' I think it tells people that we have a really good thing going here," said Conway.

The marketing and communications department is already beginning work on next year's documents. "I'm sure there are a ton of great stories

on campus that we don't even know about that just need to be uncovered," said Conway.

GOLD:

Entry Title: DiscoverE Magazine, Category: Fundraising, Special Event & Other Communications

SILVER:

Entry Title: EWU Admissions: Love Your University, Category: Alumni and Student Communications

Entry Title: Pillars, Category: Websites

BRONZE:

Entry Title: President's Annual Report, Category: Fundraising, Special Event & Other Communications

Entry Title: Red Turf Airport Display, Category: Projects & Programs

Entry Title: Alumni Awards Gala, Category: Projects & Programs

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Renters insurance protects valuables from theft

Protection also extends to residence halls and acts as safeguard for damages from fire and flood

By Linsey Garrison

STAFF WRITER
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It might appear that a student does not own much more than a laptop and a carton of milk in the fridge, but should everything disappear in a fire or break-in the cost to replace personal belongings can add up quickly.

On average, a renter's insurance policy can cost less than a dollar per day and can cover the personal property

of a renter in the event of loss, theft or damage, as well as offering liability coverage in case of an injury lawsuit.

Chief housing officer Josh Ashcroft said that students who choose to live in residence halls are not automatically covered by any type of personal property insurance provided by Eastern.

"If a student wants renters insurance they need to do that on their own. When it comes to theft, we work with police and the students. It's really on the

students though, as far as making sure they have their own liability or renters insurance," said Ashcroft.

Fidelity Associates Insurance does offer a policy designed specifically for EWU students who live in the residence halls, with annual rates ranging from \$44 to \$115. More sign-up information can be found through the housing office or by visiting www.fidelityins.com.

Geico recommends that before a student goes off

to college that they should check into what exactly their parents' homeowners policy covers, as many parents mistakenly believe their homeowners insurance provides all the coverage their children will need while away. This is not always the case, especially for a student who decides to live off campus.

According to local Allstate Insurance agent Janet Schaeffer, the average cost of basic renters insurance varies from agency to policy, but the price

through Allstate is usually about \$120 to \$200 per year, and can even go as low as \$60.

Schaeffer recommends renters insurance to not just students but anyone who rents a house or apartment.

"It's really good to have renters insurance. I can't stress that enough. Everyone has auto but renters is something that's very inexpensive and good to have ... for the price per year. I highly recommend it," said Schaeffer.

Another critical element to making sure your insurance policy can replace your possessions if they are ever damaged is to properly document the things you own. Schaeffer advises the best way to do this is with pictures or even a video. It is also good to keep a copy of receipts for big purchases like a television or a laptop. Keep extra copies of these pictures and receipts in a safe place at another location.

Volunteers swing between school and firefighting

Local program allows full time students to gain experience as firefighters

By Katie Simpson

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Three pagers start beeping in the Cheney Fire Department office; the men attached to each check them and start heading out the door.

"We are getting a call," said Lt. Jeff Anderson, 30, the resident coordinator for a local program allowing select students to live in the station and work as firefighters while attending school.

For over 35 years, students have been given the opportunity to become resident firefighters for Cheney. The program consists of career-level shifts of 24 hours on, followed by 48 hours off along with daily chores and a primary residence at the fire station on Fourth Street. Full-time college student status is required by all residents while participating in the program.

According to Drew Able-

man, who is majoring in biochemistry, students are classified as volunteer staff but actually work full-time shifts alongside the career firefighters.

There are six resident firefighters currently at the Cheney Fire Department working more than 240 hours a month. It is preferred that each student stays a minimum of two years as a resident.

Cameron Homan, who is majoring in health services administration, joined the program to follow in his father's footsteps.

"It is hard because your sleep patterns are really affected by this job. You have to be able to go at any time," said Homan. "I really have to take advantage of my off days in order to stay up on school."

According to Lt. Anderson, it takes between six months to a year to get the students fully trained to be a proficient firefighter.

"[The resident] program

"I got to say I admire these folks for what they do. I have seen their homework. I have seen the time they spend at class. They come right back here, get right on a truck without missing a beat."

Mike Winters

is a stepping stone into a career in the fire service. It is not a long-term solution for us, but we give them all the training and all the experience we can to help them be successful in their future endeavors," said Lt. Anderson. "In return, they give us extra help and manpower and really supplement our staffing, which otherwise we would be without."

Ian Brown, senior resident firefighter and EMT, takes this opportunity to gain experience for his nursing major.

Brown believes that students going into medical fields would benefit from

the patient care and one-to-one basis they receive in the program. They see a multitude of patient circumstances that surpass the lessons of the classroom.

"It is real experience. You are getting to see people at completely different stages where somebody that has just jumped into a medical program, they are starting at square one, and they really don't have a clue what they are getting themselves into. At least me, I know that this is what I am going to see, this is what I have seen, this is what I am going to do to make myself better and this is what I want to do."

The residents work each shift in a pair split evenly in their group of six. Senior elementary education major Christy Biggs works her shift with Brown and is the only female resident at the station.

"It is not easy to be a girl in the service," said Biggs. "I am smaller than everyone here. But I mean the physical aspect, yes, it is hard, you can't be any girl and do it."

According to Chief Mike Winters, Biggs has been known to hold her own against the men in the program, proving that it does not take a specific type of person to be a firefighter.

Over the many lessons, each resident has the opportunity to learn through physical trainings, certificates and creating relationships throughout the station, it is life skills in particular that Winters believes are the most important. According to Winters, after being in the program it does not matter

what students become, they will have the life skills they learned for the rest of their lives.

Winters admits the department is called in on the worst day of people's lives when they are having a crisis and most people do not have the opportunity to see their peers and neighbors in that way. He believes it takes a unique type of person to take care of people and learn the lessons that will teach them about themselves and compassion.

"I got to say I admire these folks for what they do. I have seen their homework. I have seen the time they spend at class. They come right back here, get right on a truck without missing a beat," said Winters. "There is not a lot of privacy here at the fire station and I don't know how they do it. Frankly, I couldn't do it. I mean, it takes a special person. I think that they have all proven their worth many, many times over."

Network:

continued from front

Bars are a popular theme that seems to work well, and that may be why they are so commonly used as a professional setting. She said that she does not think alcohol needs to be present in order to create a casual, professional environment.

"We're missing a group of students who would love to be there but can't," said Hinch.

She said that any time alcohol is served in a bar off-campus rather than an all-ages venue or on-campus, it may be to avoid accidentally serving underage students. It is the bar's responsibility to card the attendees, so the university is no longer liable for any mistakes this way.

Hinch said that the alumni relations department is working with Career Services to bring present EWU students to EWU Young Professionals Network events to begin a mentoring program. If the program gains traction, this could be a major problem if they do not change the event locations. She suggested that

networking events in general that choose to have alcohol present might want to change from a bar locale to a restaurant instead.

Hinch suggests that minors who still wish to pursue networking independently should try joining LinkedIn and LaunchPad. LaunchPad is a regional and city-based website that allows online groups, connected either by proximity or profession, to set up gatherings for networking. Hinch assured that many of these meetings are sans-alcohol.

For the Inland Northwest LaunchPad site, go to: www.launchpadinw.com. For the Spokane LaunchPad site, go to: www.launchspokane.com.

She said that before May's EWU Young Professionals Network meeting, Career Services will be holding an instructional seminar about how to network in a bar setting. The instructional piece will be available to all ages, though the networking event will be 21 and older.

Barbara Baines, running-start operations manager, said that networking is particularly difficult for those students who wish to

teach at a high school level straight out of college due to the age similarity.

She said that alcohol is present at many professional social events because it is a societal norm, not because it is needed to create a fun environment.

Baines added that the assumed relaxed and casual environment found in a bar might be an intimidating environment for those who choose not to drink for either personal or religious reasons. If in a situation that promotes consuming alcohol, then one is more likely to get asked multiple times why they are not drinking, and that can make things awkward.

"It's interesting how, culturally, we can discard someone who chooses not to drink and put it in a negative light when really it's quite a healthy choice," said Baines.

In response to changing a networking event venue to something where it is a choice to drink, but minors are allowed, like a restaurant, Baines said, "Duh, no-brainer."

"Let's not try to eliminate any one group that might need networking opportunities," said Baines.

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APRIL 3, 2013

Networking and strong résumés key for new grads

Career services helps students prepare for post-college life and job searches

By Libby Campbell
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For the nearly 1.8 million soon-to-be college graduates across the country, springtime can mean one of several things: warmer weather, longer days or full-on panic as they begin to search for jobs relevant to their degree.

To ease that stress, the job-hunting process should ideally start months before commencement, according to Dena Ogden, employer relations manager at Career Services.

This includes finalizing résumés, practicing for interviews, pinpointing prospective employers and asking faculty members for letters of recommendation.

"They can have all of that ready and lined up when graduation rolls

around, they're not stuck," she said. "What happens is come June, all of the new graduates in the region, even nationally, are doing the same thing."

To help prepare them for post-college life, students can take advantage of the many resources on campus, including the Career Services office.

Students can meet with advisers for nearly any aspect of the job-hunting process. Résumé consultation is an area Virginia Hinch, director of Career Services, strongly recommends.

"Résumés are one of those things that students don't tend to work on until they're driven by a job, then they're super crunched time-wise. And I have to say, it shows on the résumé," Hinch said.

The earlier students schedule appointments with advisers, the better.

"Résumés are one of those things that students don't tend to work on until they're driven by a job, then they're super crunched time-wise. And I have to say, it shows on the résumé."

Virginia Hinch

"Plan early, because [advisers] will get super jammed up as spring quarter comes and commencement approaches. The sooner they can plan, the better time that would be," Hinch said.

Career Services advisers also conduct mock interviews specifically tailored to the field students are most interested in pursuing.

A program called Interview Stream is also available to help sharpen interview skills. Students record themselves answer-

ing interview questions relevant to their intended job field.

"They can play it back and watch that themselves. It's awkward and super uncomfortable at first, but the more you practice, the more comfortable you get," Hinch said.

When it comes time to search for that first post-degree job, students can peruse Eagle AXIS, a free job search tool available to both current students and alumni. All Eastern alumni will have access to their account for life.

The job postings on Eagle AXIS come directly from employers and from Listserv, so they are already filtered for current students and recent graduates.

Hinch and Ogden also recommend browsing glassdoor.com and indeed.com for job postings, as well as going straight to companies of interest to look at their specific job listings.

Going straight to the source can be a good way for students to network with professionals and learn more about the areas that interest them as well.

"What we tell a lot of students is, 'When you're in that student mode, people are really forgiving when you want to reach out and ask questions,'" Ogden said. "It's a great avenue for someone approaching graduation to check in

with someone who has an ideal job that they're looking for to do an informational interview, or even to just look at what their LinkedIn profile looks like and what their path has been."

In addition to finalizing résumés and practicing interviews, students should also consider examining their online presence.

"They will Google you," Hinch said. "We hear that from every employer we talk to, that they're going to Google you. They're going to check Facebook."

Social media sites allow users to apply various privacy settings, and students should take advantage of that to help keep their private lives separate from their progressing professional ones.

JOB HUNTING-PAGE 14

Greek row steps into philanthropy

By Lorna Hartman
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Philanthropy in EWU sororities and fraternities has a long history that today's Eastern students continue.

The first fraternity in the U.S. was created in 1776 and the first sorority in 1851, and while the original intent was to promote sociability among students, that intent soon expanded to include service as more Greek organizations

formed across the country, according to AlphaDeltaPi.org and PBK.org, the websites of these first Greek organizations.

Sororities and fraternities at EWU are local chapters of national Greek organizations, each with its own history and special philanthropic cause.

"All fraternities and sororities are values-based organizations, so they all have value placed on engaging in community service and also engaging in philanthropic activities

where they support either local or national charities," said Samantha Armstrong, EWU adviser for leadership education. "Most of the requirements come from their national organization."

EWU currently has 18 recognized sororities and fraternities with a variety of national causes including heart disease, autism, disability awareness and many more. According to Armstrong, students joining a Greek organization are told that the organiza-

tion engages in community service.

The expectation is that members will participate and join in as part of each organization's philanthropy ethic and service hours requirement. Each organization turns in monthly service hours for each member to Armstrong, who helps each group organize service and stay on track.

Reanne Charuhas is the student vice president of Panhellenic Societies and Philanthropy. "We had a

'Mr. Greek' pageant. ... All the money went to cardiac care for [the organization's] national philanthropy. Alpha Xi Delta had its annual spaghetti feed, unlimited spaghetti, salad and stuff at the community center, and raised over \$2,000 for Autism Speaks," Charuhas said.

Charuhas reeled off a list of projects done by different chapters for 26 Days of Kindness, such as a blood drive, candygrams, notes and special deliveries to people all over cam-

pus, support signs for EWU sports teams and more.

"Each sorority establishes its own community service requirements, varying from three hours to 10 hours a quarter," Charuhas said. "This involvement needs to be outside of our group philanthropy work, getting out into the community." She talked about how excited the women are to be involved in local elementary schools and shelters doing all kinds of projects.

PHILANTHROPY-PAGE 14

Bike Safety and Etiquette

By Lorna Hartman
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For the fifth consecutive year, Washington state was recently named the number one "Bicycle Friendly State" in the country by the League of American Bicyclists for its extensive accommodations for riding, as well as for legislative efforts to include bike trails and lanes as part of traffic and community planning.

The EWU campus has areas for bike riding and rules for safety where cars, bicycles and pedestrians frequently cross paths.

In general, bicycles are subject to the same state and city laws that apply to car and motorcycle traffic, according to the EWU recreational vehicle policy, but the policy lists some exceptions for campus use.

Bikes can be ridden on walkways surrounding the mall area and the area around Showalter Hall as well as between Science Hall and parking lot 3 as long as they are operated in a safe manner and are in compliance with state and campus regulations.

Bicyclists must yield to pedestrians on sidewalks and in crosswalks, according to Washington state law. The law also says that pedestrians must obey traffic signals and traffic control devices unless a traffic director or police officer directs them to do differently.

The EWU bicycle policy does not require helmets for cyclists on campus. According to the Washington Department of Transportation website, neither the state of Washington nor the city of Cheney has a helmet requirement law, although some Washington cities do.

"In our society, we always drive on the right side of the road, so people tend to walk on the right side of the sidewalk. It's good to be aware of that," said TJ

Ewen, EWU police officer and head of the campus bike patrol.

The EWU campus police office has taken 10 reports of bike theft so far this school year, the third week of September through the last week of March. Last year, eight bicycles were reported stolen for the same time period and only nine bicycle thefts were reported for the entire 2011-2012 school year.

Eileen Hyatt, head of programs and education for the Spokane Bicycling Club, recommends a Kryptonite brand U-lock or a cable lock. Hyatt locks her bicycle with a cable about three quarters of an inch thick.

Hyatt recommends that riders announce themselves in some way when passing pedestrians, such as saying "Passing on the left" or using a bell.

Ewen said, "The biggest complaints [about bicycles] are people riding their bikes on the sidewalks when there's a bike lane to use ... You can use the sidewalks for bikes [on campus], but a lot of times we encounter bike riders that have headphones in, or they're talking on the cellphone."

He said that these riders are often not fully aware of the people around them and unintentionally cut people off, sometimes almost hitting them.

"The bigger you are, the more you yield to those who are vulnerable," Hyatt said.

"Make yourself as visible as possible and ride predictably," said Laura Sandt, program specialist for the Pedestrian Bicycle and Information Center, in an article for Bicycling magazine.

"The predictable part is to let people know what you're going to do before you do it," said Hyatt. "Use hand signals. Ride on the right side. ... Obey traffic lights. That's being predictable."



Wear a helmet



Get a quality lock

Lock the bike body



Use lights and reflectors at night.

Wear light-colored clothing.



Ride with traffic.

Don't ride side by side with other bikes.



Store it indoors.

Food economy conference to be held at Riverpoint

By Kate Daniel
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Eastern Washington University will sponsor a conference, entitled "The Power of Our Regional Food Economy," on April 19 at the Riverpoint campus Phase One Building from 8 a.m. to 4 p.m.

The event, which centers upon the theme "Our Food, Our Economy, Our Health," is expected to attract 200 or more participants ranging from local farmers to business owners to regional policy makers. It will focus on unifying the regional food system and the economy.

Ken Meter, nationally recognized economist specializing in food system analysis and president at Crossroads Resource Center, will be featured as a keynote speaker. According to the conference summary, sessions will include discussions of local food systems, food distribution hubs, financing, planning and design.

According to the Washington State Department of Agriculture, there are 39,500 farms in Washington. Agriculture and the food industry combined employ over 160,000 people and contribute \$46 billion, 13 percent of the state economy.

Kimberlee Papich, public information officer at Spokane Regional Health District, and Natalie Tazuin, the health district's representative for the conference, said the event will provide "an opportunity to bring business to the food system."

"We're seeing more people who don't have jobs, more people using the food programs and there's more hunger and more need for jobs," Tazuin said.

"Anyone can be a part of the food system," Tazuin said. "[The] average age of

farmers is late 50s so we've got this whole career path that could go away [if it isn't replenished]."

Brian Estes, a Gonzaga graduate who has served as program coordinator at Vinegar Flats Community Farm for the last five years, will be serving on the conference planning committee. Estes said that there has been an increasing desire for regional produce in urban environments, especially in lieu of the economic recession, as well as growing environmental and health concerns.

"I work collaboratively with a number of health and food-focused organizations and initiatives. Spokane Regional Health District is a leader in an effort to envision what a regional food system would need to look like to comprehensively and equitably promote health and well-being," Estes said.

"Collaborations have included food-access initiatives in the West Central and East Central Neighborhoods, as well as working to convene established and emerging leaders in the healthy growth and development of our regional food system."

Estes said that most of the work at Vinegar Flats goes on at the community level, helping to increase the capacity of farmers' markets as a regional food resource. This plan has included the conception of a program in which clients of the Supplemental Nutrition Assistance Program receive additional funds when shopping at local farmers' markets, according to Estes.

"We support the conversation -- highlighted in the upcoming regional food economy conference -- around how we can support the growth of small, regional-based food-focused business while improving the healthy food resources available to everyone in

our community," said Estes. "We look at the ways in which emerging sectors of the food economy [such as] local production, processing, etc., can create more jobs in our regional economy."

Estes said cross-generational collaboration is essential, and that the conference will offer opportunities for young people to network with experienced farmers in the community and exchange ideas and perspectives.

"The young people I know, myself included, who are drawn to food are interested in challenging and purposeful work, with being connected to a place, to having a less busy and complicated lifestyle," Estes said. "I think young people interested in farming may not always come in with a ton of experience, but sometimes it is fresh eyes that are needed to see things as they really are."

"If you care about food, this would be a meaningful event. If you care about food and have an entrepreneurial disposition and live in the Inland Northwest, you absolutely must attend," Estes said.



CLUBS



ORGANIZATIONS

EASTERN WASHINGTON UNIVERSITY

Active Minds fights stigma

Club works to teach about disorders

By Al Stover
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Messages written in chalk like, "You are never alone" and "Stomp out stigma," were scattered all over campus. These messages were written by the members of EWU's Active Minds chapter in celebration of National Day Without Stigma back in October 2012.

Active Minds is a group that educates students about mental illness issues, lowers the negative attitude surrounding mental illness and encourages those struggling with these issues.

Sophomore Nicole Stearman began the process to create a chapter of Active Minds at Eastern last spring. While their family has a great support system at home, her sister Jaclyn Stearman had been going through difficult times and told her sister how lucky she was to be involved with other campus groups and to have the support system on campus.

"She said, 'You're so lucky to have somewhere to go. I don't have anywhere to go,'" Jaclyn Stearman said. "At that time I started thinking, 'Maybe I should start a club that focuses on mental health so I can involve people and make that sort of community. [A club like] Pride is huge, but she's right, there is no club [that focuses on mental health issues].'"

Nicole Stearman has a tattoo of an anchor on her left wrist, which matches the anchor tattoo on her sister's right wrist. This represents the bond between Nicole Stearman and her sister, who was diagnosed with depression, agoraphobia and anxiety at age 14 and schizoaffective disorder at age 15.

After reading an article in The Easterner that mentioned Active Minds, Nicole Stearman printed out the tool kit from the Active Minds's website with instructions on how to start a chapter. She then reached out to EWU's Counseling and Psychological Services.

Lisa Olson of CAPS met with Nicole Stearman last spring to see if there were any organizations like Active Minds at EWU. According to Olson, there were not any groups on campus that focused on mental health.

"It's a wonderful way for students to learn about mental health and be able to discuss concerns or issues without any stigma associated with it," Olson said. "We're really pleased to have that kind of organization on campus and we're also hoping it can let students know they can get the support and counseling they need." Olson also led Nicole Stearman to the psychology department where she got in contact with Russell Kolts, who acts as the adviser.

Kolts believes that the members of EWU's Active Minds chapter want to change the culture on cam-



Photo by Al Stover

Zach Oxford uses chalk to write "You are loved" on the pathway near Williamson Hall.

pus that views mental illness with a negative stigma to one that is supportive of students suffering from mental illness.

"People who struggle with these issues will not feel so cut off and alone," Kolts said. "They'll feel like they have a connection to others ... and maybe have an easier time making that first trip to the counseling center to make an appointment or share with a friend when they are feeling suicidal."

According to their website, Active Minds is a national nonprofit organization

with over 350 chapters in the United States.

Zach Oxford, who is majoring in psychology, is the vice president of Active Minds. He joined the group to help spread the message of the club.

"Mental illness is not what people think it is," Oxford said. "I think people don't realize how many people actually suffer. It's great to show people out there that it's not as rare as they think it is."

Nicole Stearman was diagnosed with social phobia disorder in high school.

With a combination of the support of her family, her friends and medication, she has come far in the last two years.

Although she believes that the stigma of mental illness at EWU is not as bad as it could be, Nicole Stearman says there is work to be done when it comes to the behavior of others on campus.

"It's being accepted, but I have heard the language like, 'This is schizo,' or, 'The weather is bi-polar,' and that's a problem," Nicole Stearman said.

According to Kolts, anyone who is struggling with a mental illness like depression anxiety will have a harder time dealing with the difficulties of their emotions if they feel other people around them have a certain kind of mindset towards them.

"There's enough of a social stigma around it that people often [at] times don't have the sense of feeling safe and supported and in many cases it's the opposite," Kolts said. "A lot of times people feel that if other people knew they were anxious or struggling with depression or other difficult emotions, that other people would look down upon them."

In addition to National Day Without Stigma, the club has hosted other events relating to National Eating Disorder Awareness week. They have also worked with the Veterans Center and will bring speakers from Fairchild Airforce Base for Veterans Day.

For Nicole Stearman, the ultimate goal at the moment is to get Active Minds established on campus and to get in touch with the Active Minds coordinator in the area.

"I would love to expand everywhere and anywhere," Nicole Stearman said. "One of my friends is in a sorority. I feel like we could do some work with Greek Life and this issue. People who aren't in any clubs, people who are in a bunch of clubs. People who are in one club. I really don't care, I just want people to come."

Eastern Atheists believe in friends and family

Club encourages intelligent conversation, rational debate and fun

By Paul Sell
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A sense of family, friendship and camaraderie is one of the most appealing aspects of the Eastern Atheists club for members like Steven Casteel and Kelli Crawford.

For Casteel, the club president, the main purpose of Eastern Atheists is to give students a community of people who grew up in Bible studies or youth groups but no longer hold the same beliefs.

"The club gives these people somebody to hang out with and to make friends [with]," said Casteel. "As well as [the chance] to be able to speak freely and be in a safe place to interact with other people and not be shut down because of their views. We never want to convert a bunch of religious people to atheism. We do want to educate people and tell them what is and isn't atheism."

According to the Eastern Athe-

ist website, the club strives to create a community for atheist, agnostic, Humanist and other freethinking individuals and build a community that promotes critical thinking, scientific inquiry and Humanist values. They also wish to provide opportunity for community outreach and volunteer work.

The club gives students an opportunity to not only learn more about atheist and agnostic views, but also gain a better understanding of other world views and scientific perspectives.

"We do a lot of things similar to other clubs," said Crawford. "We have weekly meetings, we play games, we have potlucks. ... However, we also do a lot of knowledge-building activities. We attend religious ceremonies of varying types to build respectful



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dialogue and gain information about each other's views."

According to Crawford, the club watches videos on science and debates in order to learn more about the world around them and how others share their own beliefs.

"There is no atheist bible or anything like that," said Casteel. "So skepticism and humanism are our core tenants."

One thing that Crawford believes makes the atheists club so interesting is the amount of diversity within the people who attend the meetings.

"There's this misconception that all atheists are angry and hate theists," said Crawford. "In reality, there's a broad spectrum. There are those who have suffered abuse from

religion, such as their families turning their back on them, there are those who are questioning and there are those who simply don't hold any beliefs. There are those who are active in promoting atheism, there are those who take a back seat."

Casteel spoke of one club member whose financial aid was taken away by his parents because he converted to atheism. The student now uses the atheists club as a way to communicate with similar people.

"Students like these just can't come out and vent to somebody," said Casteel. "The club becomes so freeing for them, and we provide these students with that opportunity."

By starting the Eastern Atheists, Casteel has given EWU students who feel like they need to hide their beliefs a place to be friendly and relax.

"I was so excited to meet so many amazing people who all feel like family," said Crawford. "While we all have different political beliefs, backgrounds and goals, it's

a group of people who feel truly comfortable with each other."

Over the course of the last few months, Eastern Atheists' biggest project has been working together with the Compassionate Interfaith Society to bring Chris Stedman, the author of "Faitheist" to EWU, April 29. He will be reading from his book as well as speaking on atheism and interfaith work. Yet, with all of this going on, Casteel finds the time to sit down and talk to Eastern students he just met who are interested in the club about atheism and what the club does.

"EWU already does a great job of reaching out to and including its religious students," said Crawford. "However, there was never a place for those on the atheist spectrum and it often felt isolating. By starting and growing this club, we've been able to welcome students who felt like they needed to hide their identities. We've been able to replace the community that many lose after they de-convert."

Social Dancers Club practices different dance styles

By Katie Simpson
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Three pairs of students glide across the floor of the dance studio to Avril Lavigne's "I'm With You," framed toward 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 dif-

ferent," Knizek said. "They work on partnering, we focus on each individual dancer contributing to a group."

The Eastern Social Dancers was started early this year when club president sophomore Mitch Youngs, also involved in 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 cam-

pus," said Youngs. "We had to form the club."

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 [Youngs] got club papers one day," said Connor Smith, sophomore, about the clubs origin.

Michael Bublé fills the air as Emily Wark and Vice President of the club Hughes waltz around the room. Wark is just one of the many stu-

dents 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 themselves 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

DANCERS-PAGE 8

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Men's rugby club optimistic

Competitive club sport plays tough

By Elohino Theodore
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Heading into a fresh start, the EWU men's rugby club looks to improve as a team.

The team is looking at this season with a brand new mentality. The club wants to focus on staying on the same page. The Eagles look forward to approaching this season with confidence.

Alex Feero, the president of the rugby club, says the club is focusing on going into every game strong. Trying to play mistake-free is also important, according to Feero. The team had a disappointing season last year. "We didn't play as well as we wanted," Feero said. "After we lost to OSU, [the] season went downhill."

On a brighter side, the team is looking forward to the new coach this year. Coach David Ratcliff has coached for 15 years on the East Coast. "He sets expectations high for us because he knows we can make it," Feero said.

The team currently has two coaches. Ian Martin, who has been with the team for many years. Also, David Ratcliff who



Left: Eric Populus goes up for the ball during a liveout against Western Oregon.

Above: Eastern's rugby team brings down an opposing Western Oregon player.

Photos by Dylan Paulus

has changed the style of the team according to Nick Pullman, the vice president of the rugby club. As of right now, Neither Martin nor Pullman is named the head coach.

During practice, the team does warm-up drills and touch scrumage without tackling. They then divide up into two groups, and they work together by practicing plays. They also work on basic passing.

Rugby is a game similar to football, with 15 players on each team on the field. The plays do not stop un-

less there is a penalty or an out-of-bounds call. The possession can change every five seconds and anyone can run the ball. All passes are also backwards.

The team covers everything from how to tackle properly and conditioning. According to Keila Suka-Siose, a member of the rugby club, the team also wants to focus on playing as one. "We want to focus on cleaning up our game more than anything," Suka-Siose said.

Personally, Suka-Siose wants to get in game shape.

He also wants to get mentally aware and focused on adjusting to the game. "I still [have] a lot to learn. I just started playing," Suka-Siose said.

According to Mitchell Hoffman, another member of the team, he wants to improve on playing fast and more physical. He also wants to improve on his leadership skills as well as getting into better shape. Hoffman wants the team to have as much exposure as possible. "We want to focus on being one of the main club teams."

"We want to focus on putting Eastern Washington University rugby on the map," Hoffman said. This season the team is looking forward to traveling to compete with other teams and learning the strengths of each other.

According to Feero, new players are always welcome. "No one should be discouraged from coming out." "You have to have courage, there's a spot for everyone on the rugby field and our team," Feero said.

At the end of the day, the players on the team also

want to have fun during this season. It is a chance to get active and to socialize. "You get to build friendships," Hoffman said. Hoffman likes the aspect of doing something competitive in college.

For Feero, he wants to be the best player he can be. "If I can just be a little bit better every time I go out and play I'm fine with that." Feero said.

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EWU Equestrian Club rides high for philanthropy

Club shows art of racing horses

By Al Stover
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Alison Burke, junior, has been around horses all of her life and now she gets a chance to show EWU her skills as a seasoned horse rider.

"Ever since I was a child I would read articles about the Intercollegiate Horse Show Association and [you compete against other schools]," Burke said. "It's always something I wanted to do."

Burke is the president of the EWU Equestrian Team, which focuses on helping students develop skills in riding, jumping and other equestrianism areas, no matter what experience they have with horses.

Equestrianism focuses on exercises such as endurance riding, show jumping and dressage.

With the desire to compete against other schools, Burke helped reestablish the team back in the fall. It has grown to eight core members,



Illustration by Vania Tauvela

The EWU Equestrian Team is open to both riders and nonriders.

most of whom have been riding for three years, including vice president Liz Drury and treasurer Janaesha Dimmick. For Drury, her favorite aspect is getting to ride horses without it costing as much money.

The team has weekly lessons at Double Eagle Stables.

The lessons consist of English and Western riding and jumping lessons. For students who are interested, they can come and watch a lesson before paying club dues.

For Burke, the reestablishment of the club was not easy as there were difficulties

in finding a trainer. There is also the task of finding horses for shows.

"The host school provides the horses and that's upwards of 30 horses per show," Burke said.

In addition to lessons, the team plans on volunteering at Free Rein Therapeutic Riding, which provides therapeutic horseback riding to anyone with physical, emotional or mental challenges, according to the Free Rein website.

According to Sandy Jones, director of Free Rein, a lot of volunteers who help at Free Rein are college students.

"It's been great to have that resource," Jones said. "This group I'm excited for [because of] their solid horseback riding background. They can help out with horse-related projects."

Besides the riders there are also non-riding club members, who only play half of the club dues. One member is Olivia Lennick, who currently helps with the club's fundraising. The club can also accommodate riders with disabilities.

"[Riding] horses is something that anyone can be a part of," Burke said.

English Riding vs. Western Riding

The English style of riding is influenced by European military styles while cattle driving influences the Western riding style.

Exercises

Walking and trotting are similar for both styles. The Western style of loping is slower.

Sports associated with Western style

- | | |
|---------------|---------------------------------|
| Team penning | Roping |
| Cutting | Trail riding |
| Reining | English Dressage |
| Speed Games | Pleasure and Equitation Classes |
| Trail Classes | |

Sports associated with English or English Country Pleasure

- | | |
|---------------|-------------|
| Jumping | Polo |
| Hunting | Hunter Pace |
| Mounted Games | |

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Dancers:

continued from page 7

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 per-

fect skills. The members only showcase themselves when they go out Saturday nights to dance in Spokane, according to 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. One of the club's goals is to "buy a place in Spokane for the night and join with other schools and

have a ball," said Cantilini. He was asked to help the club build community and to get more people involved. The club now has enough veterans to teach newcomers.

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.

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Judo club takes down the competition in tournament

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By Bryan King
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Members of the Judo Club placed second in their respective weight classes during the biggest regional judo tournament, the Continental Crown Tournament, on Jan. 19 in Seattle.

The club sent three people to the tournament but hopes to add more to upcoming tournaments.

"Currently, we only have six to eight members showing up for practices this year," club president and senior Michael Boyd said.

Competitors in tournaments are classified first by weight class and then by experience, so there is no advantage for one person.

The classes are based on kilograms instead of pounds. The men's classes are divided into 66kg, 81kg, 90kg and 100+ kg, and the women's classes are divided into 57kg, 63kg and 70+ kg.

Club Vice President Ezekiel Loseke participated in the 100+ kg class and finished second in the tournament, while club member Bogdan Bozhinov finished



Danny Pham performs a hip throw on his opponent, Bogdan Bozhinov, during a club practice.

Photo by Anna Mills

second in the 66kg class. They both said that this makes them proud with all the hard work they have been doing. This encourages them to work harder for future tournaments.

"I'm just going to watch some tape from that tournament and get myself ready and better prepared for the next tournament," Bozhinov said.

Students can come into this club with little to no experience. The sport is based on throwing or taking down an opponent to the ground and pinning them.

"There is no kicking or punching involved, and you have a lot of self control in matches to prevent injuries in this sport," Loseke said.

A philosophy of this sport is "mutual welfare and benefit." These club members believe that if you are willing to work hard and keep motivated, you will benefit in the end.

"I have a tough schedule in school as a biology major, but this helps me relax more," Bozhinov said.

One story on the team

is that of Loseke's. He was in the Navy for four years before coming to Eastern. Being one of the oldest competitors has given him valuable experience and knowledge that he can pass on to younger athletes like freshman Michael Smith.

Loseke tried to juggle both judo and his commitments in the Navy, but was

unable to. After enrolling at Eastern, he was determined to help the judo club be successful. "I wanted to stay competitive and help others with the sport as well," Loseke said.

As a freshman, Smith came into Eastern not really knowing anyone and decided to visit the Judo Club's booth at Eastern's club fair this past fall. He has a history of sparring and boxing with his family growing up. Even though Smith suffered a dislocated shoulder in the eighth grade, he did not want that to stop him from being active.

"At first, it was painful [but I] didn't really know if it was really going to have an effect [on me]," Smith said.

One issue for this club is the fact that there are no girls in it.

"I wish we had girls come out and try this sport," Loseke said.

Family is a huge reason for the club members to continue being in the club. It helps them build something special, and they hope to continue their friendship past college.

"We just seem to get closer and closer with each other during the season," Boyd said. "Whenever we travel to tournaments, we go to a member's house and just act like we're all family."

Varsity hockey falls just short of the postseason

By Peter Sowards
 SENIOR REPORTER
 packerfan4life@gmail.com

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.



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

Photo by Anna Mills

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 goalscorer 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.

♣♣♣♣♣♣♣♣♣♣
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Wrestling club show their skills on the mat

♣♣♣♣♣♣♣♣♣♣
The Wrestling Club
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 ♣♣♣♣♣♣♣♣♣♣

By Bryan King
 CONTRIBUTING WRITER
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The Eastern wrestling club had five members finish in first place in the National Collegiate Wrestling Association Washington State Championships, Feb. 24 in Elma, Wash.

The tournament participants included teams from Central Washington University, Washington State University and Western Washington University.

Eastern's team finished in third place overall with 21 points behind Washington State University, 22 points, and win-

ner Central Washington University, 23 points. President and coach of the club Brandon Stewart was impressed with the results.

"To have five guys win their weight class is huge," Stewart said. "They all had the passion and drive to finish strong, and in the end they finished on top."

Joe Cordes, winner of his weight class at 125 pounds, seemed to be very impressed with his win after finishing fifth last year and not making it past regionals.

"I have been at regionals for two years, and it just seemed that I was a lot stronger and more focused this time around," Cordes said.

Freshman Boyce Johnson only had two weeks to prepare for this tournament as he joined late in the season. He used this short time as a mem-

ber of the team as motivation to go out and get the win. He won his weight class at 141 pounds. "I felt good and overall tough enough to perform at a high level," Johnson said.

Mason Macfarlane, a senior, did not let his busy school schedule this past quarter slow him, allowing him to win his weight class at 149 pounds.

"Even with a full load of homework and labs and feeling like I didn't have enough time to prepare, I used that as a motivation to keep going stronger and I am happy with the way it turned out."

Freshmen Brady Mast, 184 pounds, and Evan Earnest, 285 pounds, were the other wrestlers that won their weight class. "We just all have to lay it all out at the mat in order for the team to compete with the best," Earnest said.



Troy Stackhouse (left) watches over Evan Earnest in wrestling practice.

Photo by Anna Mills



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EDITORIAL

Military's tuition assistance cut was a ploy to avoid cutting waste by playing on the public's sympathies

easterner.opinion@gmail.com

In the wake of reduction in the growth of government spending mandated by sequestration, the Army, Marine Corps and Air Force decided last month to suspend tuition assistance for service members for the remainder of the fiscal year.

After a public outcry, it did not take more than a few weeks for congress to direct the services to continue funding the programs, which provide active and reserve servicemen with up to \$4,500 per year to attend college. While the amount of mon-

ey troops are allowed under the program is likely to be reduced, they will continue to be able to afford classes. The loss of this would have greatly affected the many reservists and guardsmen who attend EWU.

The military has long been well-insulated against budget worries. The fiscal conservatism of republicans in congress has not often been known to extend to defense spending, but that is beginning to change, and the threat of sequestration has the Department of Defense looking to keep their funding on the rise.

The services are not ac-

tually facing a budget cut in any realistic sense of the term, but in the parlance of Washington, D.C., having the rate at which your budget grows slowed means budget cut.

That the Pentagon's first response to sequestration was cutting tuition assistance highlights a vindictiveness that exists across the federal government. Like all government agencies, there is a large amount of waste that could be cut from the military. It can be done without affecting capability and readiness. It can also be done without hurting troops who are trying to further

their education while serving their country and do not make much money in the first place.

For instance, the DOD could cut the \$500 million spent annually on the military's various ceremonial bands, or the millions spent on the 234 golf courses they operate. Or they could choose not to operate elementary schools on military installations that are sufficiently close to public schools. Instead, the services attempted to play the general public's sympathy and admiration for the common soldier to their advantage, holding a portion of their benefits hostage in hopes that the

outcry would force congress to throw more money at their already bloated budget.

While the sequestration may not be the best way to reduce spending, it is nowhere near the catastrophic event that the people who are in charge of spending our money have made it out to be. Defense spending, at an annual cost of over \$700 billion, needs to be cut, and those cuts should be seen as an opportunity to streamline the services and reduce waste. They should not be met with a power play that takes from troops in a cynical ploy to force the American people to continue the upward spiral of spending.

A dedicated commuter lounge is unnecessary

There are many places on campus to hang out

By Lorna Hartman

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While residence hall students can go to their rooms or to lounges in the residence halls to eat and study or just to escape classes, commuter students cannot go to their rooms.

They use spots around campus where there are designated areas to eat, study and relax. For example, spaces in Williamson Hall and Monroe Hall have seating for small numbers of students. Senior Hall has a kitchenette and seating for group study.

According to the EWU Office of Institutional Research, as of fall quarter 2012, 80 to 90 percent of undergraduate students lived off campus or commuted to campus. According to the same report, 9,236 attend at the Cheney campus. According to Housing and Residential Life, 1,641 students live in EWU dorms in Cheney this year, not counting EWU campus apartments. This means that the number of students living off campus or commuting to school is approximately 7,595.

Commuter students do occasionally have problems finding an adequate place to do what they want to do. Student Kelly Beck said, "I find myself trying to study ... like I try to go here [in the PUB] and it's too loud. I go in the Fireside Lounge and all the seats are taken. I

come down, there's maybe a spot or two, but it's always packed." During certain times of day, the PUB is fuller and noisier than other times.

According to the facilities master plan and the latest capital projects update posted on the school website, there are no plans to create a space for commuter students at this time.



Hartman

LeeAnn Case, associate vice president of auxiliary and business services at EWU, said, "I know in the PUB there used

to be a commuter lounge. In the renovations, the Fireside Lounge replaced that as a place to hang out and to basically be the commuter lounge."

Director of Dining Services Dave McKay said, "There's a nice space here in Tawanka. We'd be glad to supply a microwave out here for students to gather."

According to McKay, legal restrictions prevent Dining Services from going outside its designated areas. "But if you came up with the microwave [for an outside area], we'd be glad to work with you on setting up the cart and securing it in another area," McKay said.

Beck mentioned wasted time between classes. "I'm usually just outside walking around [between

classes]," said Beck. "To know there's a place for me to go that I can actually get stuff done, that's the biggest thing. That way, I know the place is there, I can't deny it's there, so I study. It holds me accountable to go there and study."

Student Shelbe Ward, in the middle of her shift at Thomas Hammer coffee shop in the PUB, said, "I definitely think I'd use this [commuter room], because certain days where I have school and then I have to wait an hour, an hour and a half before work. That would be really convenient to go warm something up to eat and finish my homework before I go to work."

Stu Steiner, senior lecturer in the computer science department, said, "PUB 204, 205, 206 used to be a commuter lounge. I never saw it actively used. Would I like to see more comfortable chairs [in the Learning Commons]? Sure. I'd love to see couches and beanbag chairs there."

The Learning Commons has numerous seating areas of different types, including group seating, and students are allowed to eat there as long as they clean up and don't leave evidence of their presence afterward.

Given that a previous commuter area was apparently little used and that there are plenty of places to eat, meet and study on campus, it does not seem that there is currently a need for a dedicated commuter area.

Money saving tips for residence hall students

Avoid running out of meal funds at quarter's end

By Michael Barone

VIDEOGRAPHER
mbar_1@yahoo.com

It's every college student's nightmare: finals week is in the midst of pillaging your brains and you need that last boost of energy to get through the waves of information.

You decide to go to the Eagle Express Market to grab an energy drink and some snacks so you can power through, but when your card gets scanned, you find out that you're out of money. At the end of last quarter, I saw people scrambling to find that last dollar so they could make it to spring break. If you were one of those people to run out of money, here are some tips on how to stretch your meal plan so you don't have to scramble at the end of this quarter.



Barone

Avoid impulse buys:

If you are going to the market just to get a new jug of milk, don't go wandering off from the refrigerator with the milk in it. You will see that bottle of soda or bag of chips and say, "I should get that, it looks good." Buying little items of junk food may not seem like it impacts your budget, but they slowly add up to a significant amount.

Look for the on-campus events:

You see the signs all over. There are constantly events going on around the campus that provide either free food or have unlimited food for a small cost. Going to these events can keep you from spending more money by giving you an easy meal to have.

Do not eat every meal at Tawanka or Baldy's:

Or any of the restaurants on campus. While they are very convenient to go to, it's not cost-effective to eat at them every meal. Try buying things to help you make meals in your microwave or dorm kitchen. The \$7 you'd be spending on that burger and fries can buy you a box of macaroni and cheese, a nice drink, some bagels and maybe even some candy for dessert. Not only did you get more food, you can save the leftover macaroni for another meal.

Cook big meals:

When you cook, try to make more than you think you can eat. You can save the leftovers so you can eat more than once with the same thing. Then you can eliminate the need to go buy more food on campus.

Plan ahead:

If you know that you will be rushed in the morning, go buy an apple,

juice and some muffins the night before. You won't have to worry about grabbing food you don't need in the morning. Also, remember to keep an eye on the expiration date on what you buy so you know how long you can keep your food.

Buy bulk items:

Buy some items that will last you for more than one meal. Bread, cereal and noodles are just a few options you can get.

Ask your family:

If you travel back home on some weekends, try to see if your family can make extra food that you can package and take back to Cheney. If you can't head home, call your family and ask them to send a little care package. They will be glad to help.

Be creative:

Find interesting ways to make meals with food you normally would not combine. Try putting some spaghetti sauce on a tortilla shell with some cheese, it will make a tasty and unique pizza burrito. If it sounds possible, just try it.

If you follow these tips, you should be able to save your money and have enough left over to splurge at the end of the quarter. These tips aren't just useful for your meal card, they'll help you out in the future when you are living on your own.

Do you think EWU needs a separate place for commuter students to go between classes?

Let us know on Twitter

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-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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Job hunting:

continued from page 4

"If you're using Facebook and Twitter strictly personally, there's nothing wrong with making them private. I would say LinkedIn is the one to really identify yourself as a professional, and put care into that one," Ogden said.

LinkedIn is a free professional social network that allows users to build contacts, upload résumés and connect with other professionals.

"If they're going to go Google a student and actually see this person has a LinkedIn account and they're professional, that is a huge plus," Hinch said.

Faculty play a key role in students' professional development, and they can be a valuable resource when making the transition from college to the workforce.

"You have this opportunity while you're in school to have these amazing resources like faculty. While you're still here, make the absolute most of that," Hinch said.

Employers often ask for professional letters of recommendation, and Hinch and Ogden urge students to not be shy about asking trusted faculty members to write those letters.

"Think about who has really influenced your career, think about telling them that, and then think about if you have people who you'd like to write letters, [ask them] really early," Hinch said. "I think often faculty are much more eager to be advocates for students than students realize. They might feel embarrassed to ask, but they shouldn't because faculty are a great resource."

Faculty can also help students connect with professionals in their chosen field.

"There are so many faculty on our campus that have fabulous connections to Spokane industry and even outside the area," Ogden said. "For students who have good relationships with faculty, I would say talk to them about your search and see what suggestions they have or if they know of anyone."

It is also important to remember that as the temperature creeps up, so does the senioritis that entices students to skip class or spend more time out in the sunshine, often disregarding homework or studying.

"It hits everyone," Ogden said. Senioritis can be combated by simply making to-do lists and sticking to them.

"Space out all of the things ... leading up until the end of the quarter, and just do a little bit each week. Then [you're] not procrastinating, but not spending a ton of time every week losing [your] sunshine," she said.

While wrapping up a college career can seem like a whirlwind time in a student's life, Hinch said it is crucial to stay involved with volunteering, clubs and professional organizations.

"So many networks happen that way," she said. "Sometimes I think students think they're too busy to do that, but those are some of the greatest ways. The biggest challenge is, yes you're super busy with school, but now you're taking on this whole new leap, and the more involved you can be, the easier I think that transition becomes."

EWU's Career Services office is located in 114 Showalter Hall.



Photo courtesy of Media Relations

Biology major Michelle Keller and Anthony Austin-Walker, a history and humanities major, were honored as this year's EWU Library Award recipients during a ceremony on Mar. 8. Each student was presented with a \$250 check by Interim Dean of Libraries Ted Otto.

CORRECTION: The photo in issue 20 on page 8 was actually a photo of Susanna Kang, the President of the Alpha Kappa Psi Business Fraternity Chapter at EWU.

Ultimate:

continued from front

Black stayed on site the whole weekend, only sleeping eight hours because she was so worried about the players.

The team went through two bottles of ibuprofen, according to Ranck. Black monitored their ibuprofen intake. "They were just downing those. And I'm like, 'No, you're going to overdose yourselves,'" said Black.

Throughout the whole match there was music playing and a heater available. The

team played some Disney and old pop music to get the entire field singing songs together. "It was pretty funny," said Ranck.

Not quite to the halfway point, the ultimate players were in disbelief at what seemed to be the slow passage of time. As soon as the event was over, however, everyone wanted to keep playing, according to Ranck.

The most memorable moment for Black was when the team finally broke the record. "We were just so ecstatic, we just broke out, hugging each other. We were just so excited having broken the record. [We

were] making really random jokes with each other. It was a really cool time, something you don't do very often," said Black.

Jeff Kaufman and Anthony Gossard of Boise Ultimate gave each participant a disc to commemorate the event and each participant signed each disc at the end of the event, according to Ranck.

The team will host a 5-on-5 ultimate tournament that will be open to anybody who wants to come, and it will be free for all Eastern students. It will be in late April, showcasing what ultimate is all about.

Philanthropy:

continued from page 4

Sigma Phi Epsilon President Aaron Steiner said, "This year we actually changed [from donating to our national philanthropy] to the Wounded Warrior project. They help wounded vets get back on their feet with medical expenses or housing or things like that."

Sigma Phi Epsilon has members who have been or are currently in the military, and they consider veterans to be an important cause, according to Steiner.

Steiner also described an annual Haunted House fundraiser event held by his chapter house each fall. Community members, students and faculty donate \$5 to come through and see the haunted house. This money is donated to Wounded Warriors.

Doran Williams is Sigma Phi Epsilon's philanthropy chairperson. "We're helping build a playground in Spokane and building with Habitat for Humanity," Williams said. "We raised about \$2,000 this last year [at Haunted House] and hope to raise more this coming fall."

"Right now we don't have any philanthropies planned," Steiner said, "but we do want to do something for Youth Aid because that is our national philanthropy. We go through challenge courses, and each challenge requires community service for our members."

One of Sigma Phi Epsilon's principles is diligence, so members try to work hard in everything they do, according to Steiner.

EWU senior Amy Lucas is a member of Gamma Phi Beta. "It's the best thing you can do for your college career," Lucas said. Her sorority requires four service hours per quarter, and this last quarter the members held a pancake feed and gave the proceeds to Campfire Girls, their national organization's charity.

"We're starting another organization called Girls on the Run to get girls active, and that's our new philanthropy. Our house is starting it next quarter," Lucas said.

According to Armstrong, many nonprofit organizations have come out of college sororities and fraternities because of the emphasis they place on doing good. "Once those members graduate, ... they want to focus on something, on creating a charity. Greeks take pride in charitable giving and what that means."

THE EASTERNER

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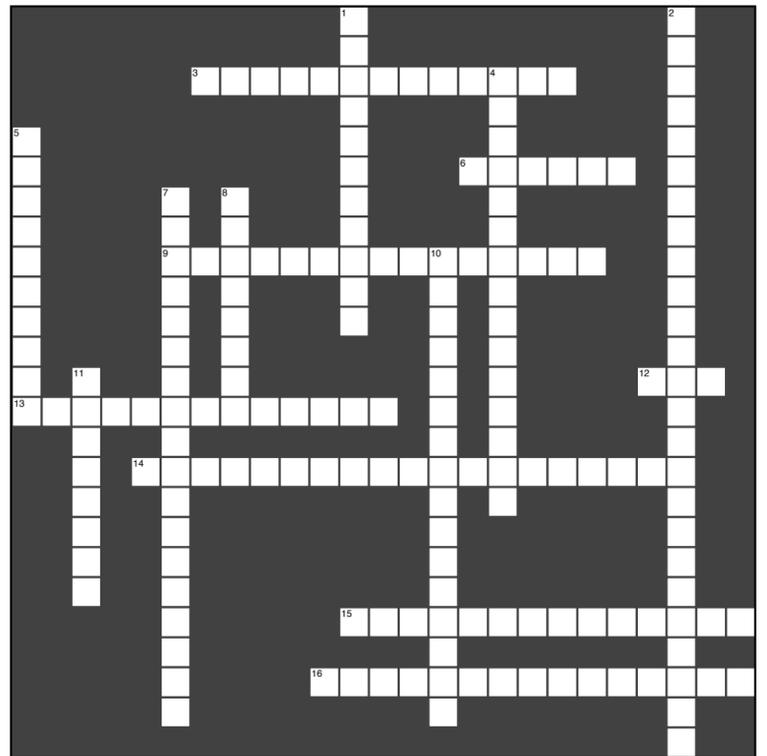
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- ___ focuses on exercises such as endurance riding, show jumping and dressage.
- Men's ___ has won their past six consecutive matches, bringing their record up to 8-9.
- The ___ club has been working with the Compassionate Interfaith Society to bring Chris Stedman to EWU, April 29 (2 Words).
- EWU won ___ awards at the 2013 District VIII Council for Advancement and Support of Education Awards.
- EWU sororities and fraternities are local chapters of ___ organizations with its own history and philanthropic cause (2 Words).
- The Washington State Office of ___ reports that EWU students take 5.3 years to earn their undergraduate degree (2 Words).
- Career Services advisers conduct ___ specifically tailored to the field students are most interested in pursuing (2 Words).
- A renter's ___ can cost less than a dollar per day and can cover the personal property of a renter in the event of loss, theft or damage, as well as offering liability coverage in case of an injury lawsuit (2 Words).

Down

- ___ educates students about mental illness issues, lowers negative attitudes surrounding mental illness and encourages those struggling with these issues (2 Words).
- This club is having an event called Halftone on April 5 from 5 to 9 p.m. at The Porch (3 Words).
- This program is available to help sharpen interview skills (2 Words).
- ___ tied a playoff record with six passing touchdowns in a dominant 51-35 victory over Illinois State in the Football Championship Subdivision quarterfinals (2 Words).
- The League of ___ named Washington state for its accommodations for riding and legislative efforts to include bike trails and lanes (2 Words).
- This club beat Vancouver Island 7-1 on Mar. 17.
- Federal law recognizes fraud and coercion as tools used by ___ against their victims (2 Words).
- This new club is nicknamed "The New Republic" (2 Words).

Answer key can be found at easterneronline.com

Classifieds:

Office of Global Initiatives Wednesday, April 11 from 10 a.m. to 2 p.m. in the Pence Union Building MPR, the Office of Global Initiatives invites EWU faculty, staff and students to attend the annual Study Abroad Fair. Guests will have the opportunity to interact with the past Study

Abroad program participants and listen to their stories. At the fair, participants can learn about program options, including destinations overseas, international internships, study abroad scholarships and much more! This Global Spotlight event is brought to you by the Of-

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Sports in brief:



Arakawa

Sophomore track and field athlete Jordan Arakawa was named Big Sky Athlete of the Week after his performance at the Al Manuel Invitational on March 29 in Missoula, Mont. Arakawa threw a personal best 208-1 in the hammer throw, good for second in Eastern history. Arakawa currently holds the top mark in the hammer throw so far this season in the Big Sky, nearly 7 feet in front of the second best mark in the conference. Arakawa currently has the ninth best mark in the country.

The men's tennis team tore through the month of March, going 6-2 overall and 4-1 in conference play, including a six-game winning streak. No. 1 singles player Joseph Cohen has won eight consecutive singles matches dating back to Feb. 20, all in straight sets. The Eagles are 8-10 overall and are 4-3 in the conference.

After having a solid 4-2 record for the month of February, the women's tennis team has gone 2-7 in March. No. 1 singles player Moira Hedberg is 10-8 overall and 6-1 in the conference. The Eagles are 6-12 overall and 3-4 in the Big Sky.

Upcoming:

The men's tennis team will host Sacramento State on April 6 in the Jim Thorpe Fieldhouse at 3 p.m.

The golf team travels to Chandler, Ariz., to compete in the 2013 Cowgirl Classic at the Ocotillo Golf Resort. The event is scheduled for April 8 to 10.

The track and field team travels to Boise, Idaho to compete in the All-Idaho Cup on April 5 and 6.

The men's rugby club will host their playoff game on April 7 at 1 p.m. on Intramural Field 3. Their opponent will be the winner of the game between Washington State University and the University of Idaho.

Future is bright for Eagle basketball



Contributed by Tim Goessman/Montana Kaimin
Kylie Huerta drives against Montana State in the Big Sky Tournament on March 13.

Eagle women cap off season with playoff run

By Peter Sowards
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A successful season for the Eagles culminated with two hard-fought battles against stubborn opponents in postseason play that required extra time to determine the victors.

The EWU women's basketball team finished its 2012-13 campaign with a pair of stinging overtime losses, first to Northern Colorado in the Big Sky Conference tournament and next to Washington in the first round of the Women's National Invitation Tournament.

The Eagles placed third in the Big Sky Conference with a 14-6 record, setting a record for the most conference victories in a season and achieving its best conference winning percentage since the 2009-10 season.

Eastern was selected to the WNIT after falling short against No. 2 seed UNC on March 15 in the Big Sky semifinals, losing 70-64. The Eagles battled back to force overtime after trailing by 11 points with six minutes to play, led by a strong second-half performance from senior Carrie Ojeda in the final Big Sky game of her Eagles career. Ojeda scored 18 of her 20 points in the final 25 minutes — including the game-tying layup at the end of regulation — and grabbed 14 rebounds for her eighth and final double-double of the season.

"Carrie [Ojeda] was a warrior for us," EWU head coach Wendy Schuller said. "She struggled offensively in the first half, but I think she figured things out and came out aggressive in the second half, which made a big difference for us. There was some really physical play going on in the paint with her, but she withstood it. To get 14 rebounds against a team like that in that environment — she was in beast-mode. I am very proud of her effort."

A week later, the Eagles tipped off against the Washington Huskies, a team against whom the Eagles have not achieved much success. Coming into the game on March 22, EWU held

a 1-21 record against its in-state rival, with the sole victory coming in Seattle two months before Mount St. Helens blew its top in May 1980.

The Eagles, looking for their first national postseason tournament in school history and first 20-win season since 1984-85, took the Huskies to double overtime but ultimately fell short, losing 65-60. Schuller reflected on the season not with disappointment, but pride. "The number one thing we expressed to the team when we went into the locker room tonight was just how proud we were of them. This is a team that has battled and fought all year, and I didn't expect anything less from us tonight," Schuller said.

Redshirt freshman Hayley Hodgins led the Eagles with 20 points, including 17 in the second half and overtime periods. Hodgins, whose mother, Karen [Murray] Hodgins, was the first female basketball player inducted into University of Washington hall of fame, matched the Huskies shot-for-shot in the second overtime period, hitting three field goals in the final frame before a potential game-tying attempt missed long, ending the Eagles' postseason hopes. Junior guard and defensive stalwart Aubrey Ashenfelter set a career-high with 13 rebounds and added three assists, three blocks and two steals.

"This is one I know will stick with us for a long time," Schuller said. "Those are hard to walk away from. For us, we weren't about any kind of moral victory — we wanted to win a basketball game. But we are extremely proud of this team and the effort tonight."

Earlier, in the quarterfinals of the Big Sky Conference tournament on March 13, the Eagles defeated Montana State 68-53 thanks to a 15-0 second half run and double-digit scoring from five of their players. Junior Laura Hughes was a perfect 6-of-6 from the field, scoring 13 points in just 13 minutes on the floor. Sophomore point guard Kylie Huerta finished with nine assists and six steals, both game highs.



Photo by Aaron Malmoe
Venky Jois works against a North Dakota opponent on March 2.

Eagle men return next year with loaded roster

By Josh Friesen
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In the face of insurmountable hardships, the Eagle men's basketball team triumphed through adversity and showcased their resiliency.

The 2012-2013 season consisted of the departure of star point guard Justin Crossgile, forward Collin Chiverton's personal struggles, a car accident and injuries to several key players.

However, the Eagles also managed to be defensive stalwarts, breaking the school record for blocked shots with 176, three shy of the Big Sky Conference record. Several young players had breakout seasons, including sophomores Parker Kelly and Martin Seiferth, redshirt freshman Tyler Harvey and true freshmen Thomas Reuter, Daniel Hill and Venky Jois, who was awarded Big Sky Freshman of the Year. The team was able to overcome all that was happening around them, and they instead focused on basketball.

"Our guys just kept pushing," said Hayford. "I just really feel like those are seeds that are planted that will bring us future success."

Jois agreed that the team was forced to face some significant struggles. He was focused on not getting deterred.

"With all the different injuries and disasters going on that we couldn't really help, I think we just really wanted to push and keep focused just to give the seniors a good chance at a postseason berth," Jois said.

A force near the hoop all season, Jois enjoyed his first season at Eastern. His basketball experience in his native country, Australia, helped him as a freshman. The style of play in the US is faster and focuses more on being in isolation with one defender, Jois said.

"You get to create your own shot and create something out of nothing," he said.

According to Jois, his success hinged on the aura of confidence Hayford created on the court. The coach made sure players were comfortable taking shots, said Jois.

"I think that really brings out the best in a lot of shooters," said Jois. "[Hayford] puts people in positions to succeed. ... He gives us those opportunities."

Though the roster went through several changes that favored youth, a veteran presence was also felt. Senior Kevin Winford reflected on his collegiate career that saw the transition from former head coach Kirk Earlywine to Hayford.

"My injuries were a downfall of my career," said Winford. "[However], I had the 3-point record for the whole school, and we made the conference tournament a couple of times."

According to Hayford, the future looks bright for the Eagles. He is excited at the opportunity to continue to develop a young roster that he believes has the potential to be strong.

"When you look at it, we have a lot of the pieces, and it's exciting that none of those pieces are seniors," said Hayford. "I just think that it's going to be up to the players to give their very best to improve and the coaches to just keep developing that talent."

"I think that we have a roster that we can really build on to be successful in the Big Sky."

According to Jois, next season will be different because the team knows their own dynamic and tendencies. They have built team chemistry.

"I think the thing that will help us the most is knowing what we're getting into," Jois said. "Now that we know what we're doing, we know where shots are coming from. We know a bit more how to play with each other."

Besides building successful teams, Hayford wants to see Eastern become a basketball power in the Big Sky. He is trying to build a culture that attracts the community.

"A big part of us making that atmosphere happen is winning; we need to win more," said Hayford. "But ultimately what we need is our students to make Reese Court a hostile environment, and that's something I hope we'll see in the future."

Track and field outdoor season off to fast start

By Kelly Manalo
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On March 30 at the Al Manuel Invitational, 10 athletes earned their spots at the Big Sky Champions Conference, adding to the 15 already qualified athletes.

This was the first meet with the full team since the Dusty Lane Open on March 16 was optional for all Eagle track and field athletes, according to women's head coach Marcia Mecklenburg.

The Al Manuel Invitational meet was against Montana State and the University of Montana, who hosted in Missoula, Mont.

The women's team is stronger in the outdoor track and field program, according to Mecklenburg. "Outdoors is a little different than indoors. We have a few more events that we're stronger in."

The events added in the outdoor season are the javelin, the discus throw, the short relay and the 400

hurdles. This is to the team's advantage because Eastern is strong in the javelin, discus and short relay, according to Mecklenburg.

Making school history is sophomore Jordan Arakawa, who now ranks second in hammer throw at 208-1.

At the Dusty Lane Open, the biggest qualifying event group was the women's javelin throwers. Michelle Coombs, Cora Kellerman, Kacie Seims and Emma Murillo all qualified for the Big Sky Championships.

Freshman pole vaulter Anandae Clark also qualified with a height of 12 feet, 3 1/2 inches, sixth all-time in school history.

"Anandae is doing great. She has stepped up right in the midst of all our veteran pole vaulters and out on that runway fearlessly. She's been a great plus to the program," said Mecklenburg.

Senior sprinter Brad Wall came off of a redshirt year, competing for the first time in a year. He qualified

for the 400-meter dash with a time of 47.95.

"[I was] a little worried I might be a little rusty at first, but the gun went off and I felt good. I ran a pretty good time, I felt relaxed [and] confident," said Wall.

Wall also trains for and runs the 4x400 meter relay with Brad Michael, Collin Green and Kramer Green.

"The 4x400 will be very solid. People come to expect that from Eastern and we've never let them down. [The] Green twins and the Brads on the 4x400 are very solid, very experienced team. They'll step up when it's championship time," said head men's coach Stanley Kerr.

The 11 Big Sky Conference head coaches voted in the preseason coaches' poll, which predicts outdoor favorites. Eastern men's team ranked seventh while the women ranked ninth.

"For the Big Sky coaches poll we got voted seventh and that kind of put a chip on my shoulder. We'd like to get in the top three at least," said Wall. "Right now we start thinking of



Photo by Aaron Malmoe
Brad Wall qualified in the 400-meter dash with a time of 47.95.

winning Big Sky Championships, leading on to Regional Championships and International Championships. We've got to have that championship mentality," said Kerr.

According to Kerr, the Al Manuel Invitational leads into a really competitive meet, the Idaho Cup, at Boise State on April 5 and 6.

Cohen dominates the Big Sky competition

Sophomore leads a surging Eagle men's tennis team

By Amye Ellsworth
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Sophomore Joseph Cohen has spent the season recovering from injuries, but one would not know it by looking at his record as he has won his past eight straight singles matches.

In each of those eight matches, he only required two sets to defeat his opponent. His singles record for the season is currently 9-3, but he is 3-0 in the Big Sky Conference.

As a team, men's tennis has won their past six consecutive matches, bringing their record up to 8-9. Of their past five matches, four have been complete shut outs with the team defeating their opponents 7-0.

Head coach Darren Haworth believes Cohen is an integral part of the team's success.

"[Cohen] has worked extremely hard last year to come into this year injury free and back to the level I know he can play at. He's a really dynamic player, and he has all sorts of weapons," said Haworth. "He's probably one of the best players we've had here at Eastern."

Cohen began his tennis career when he was five years old. He is originally from London, but he started playing college tennis at Middle Tennessee State before transferring to Eastern.

At the high school level, Cohen was ranked third in the United Kingdom. Now that he is playing at the college level, Cohen hopes to achieve this status again. He said that being a ranked tennis player is one of his ultimate goals.

Haworth has other goals for Cohen as he continues his college tennis career.

"I'd like to see him get all conference first team, [and] I'd like to see him win a Big Sky Championship," Haworth said.

Currently, Cohen is in eighth place on the singles leader board for the Big Sky Conference. He and his doubles partner, sophomore Eduardo Martinez, have only won six of their 14 matches together this season.

Although Cohen is only a sophomore, Haworth said that he has taken on a leadership role for the team. The team only has one senior, so Cohen is amongst the oldest on the roster.

"He's kind of a natural leader," Haworth said. "He's very well liked. He just goes out,

gets the job done on the court and leads by example."

Cohen considers himself and the other sophomores on the team to be a mentor to some of the freshmen teammates.

"We try and help the freshmen," he said. "[We] help them make decisions and cope with the pressure of the opponents because they haven't really experienced college tennis."

Both Cohen and Haworth agree that one of Cohen's strengths is his skill at volleying. Cohen is also working at turning his serving abilities into his greatest strength.

"He had a shoulder surgery several years ago, and his serve has slowly gotten more consistent," Haworth said. "He's got great volleys, and the only weakness he has is that he's been prone to some injuries."

Cohen does not plan on letting anything else break his stride. "I want to start winning some of the tournaments when we play [ranked schools]," he said. "That's where I can really shine."

The men's tennis team will face Sacramento State on April 6 as they continue on the path to the Big Sky Tournament on April 26.



Photo by Jade Raymond
Joseph Cohen has played well in the Eagles No. 1 spot.

Eastern competitors practice spirituality on the field

Athletes turn to faith as motivation

By Amye Ellsworth
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Senior football player Jakob Pugsley and junior cross country runner Kimberly Macias find the strength and motivation to compete from their individual religions.

Pugsley said that fear dominated the way he played before he started incorporating his faith into his competition mindset.

"I was afraid of screwing up or afraid of making the big play to swing the

momentum in a game," he said. "This was preventing me from playing to my full potential."

According to Pugsley, this mindset changed when he started asking himself what he had to lose from going out on the field, giving each play everything he had and having fun.

However, Pugsley admitted this was a difficult focus to maintain because of the nature of football and the extreme competitiveness of the players.

"Football is very competitive and sometimes

emotions flow and things are said from player to player," he said.

Pugsley said that his faith has helped him develop stronger bonds with his teammates. It allowed him to walk away from the game without taking offense to anything said by others during times of high pressure or competition.

"I feel that faith has helped me create an amazing sense of sportsmanship on the field. If something happens where I were to get mad, or the other player would be mad at me, I would never take it personal, nor would I ever leave

the field feeling mad at another player," he said. "My faith has instilled a sense of brotherhood with my teammates and other players."

Macias also feels a sense of community with her teammates due to their similar faiths. "The night before [a meet] there are a group of girls that get together to pray for each other and the meet in general. Rituals like that are very uplifting and help me to not get so nervous," she said.

Beyond preparing for a meet, Macias said that her faith is also vital for her after a meet. She said that it

helps keep her grounded and humble for the opportunities she has been given.

"My faith is vital through my athletics because it reminds me to be thankful for the gift I was blessed with," she said.

Like Pugsley, Macias approaches competition with a sense of community, realizing that everyone is there for the same reason.

"We're all athletes with some similar goals, [and we're] enjoying what we love to do," she said.

She said this helps her to not look at any competitive situation in a negative light, especially when she does

not perform as well as she hopes.

"If I have a bad meet, my faith definitely helps me," she said. "It's important to tell myself I did what I could for that race. It's hard to keep that in mind because looking back at a race, there are things I wish I would [have] done different."

In the end, Macias remembers that she has been given a very specific opportunity.

"[Having] the ability to compete at the Division I level, not everyone gets to do it, and I feel beyond thankful."

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Oversee the editorial operations of Eastern Washington University's student newspaper in 2013-2014. Manage budget, hire and supervise staff, make editorial decisions, write, report and design content for The Easterner's newspaper and online site.

QUALIFICATIONS

EWU student with junior, senior or graduate-level standing in the fall of 2013. Successful completion of JRNM 332 News Writing and successful completion or registration for Fall 2013 in JRNM Media Law 351. Equivalent coursework and experience may also be considered. At least one year experience reporting and/or editing for a college or professional newspaper. Strong journalism skills, including news reporting, writing, editing and page design. Leadership skills. Knowledge and experience Adobe InDesign. Journalism major highly recommended.

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