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Associated Students of Eastern Washington University

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Photo by Anna Mills

## Cooper Kupp Stats

- 85 catches for 1,567 yards
- 21 touchdowns
- Jerry Rice Award for the Most Outstanding Freshman in the NCAA FCS

## All eyes on the Kupp

Cooper Kupp keeps his heart on the field, eyes to the future

By FETLEW GEBREZIABHER  
online sports editor

After having a record-breaking freshman season, redshirt sophomore Cooper Kupp, the 2013 Big Sky Conference Freshman of the Year, is not fully satisfied.

Kupp, a Yakima, Washington native, believes the key to continuing his success from his freshman year is to remember the preparation that got him there, and not to be pleased with it.

"Really, you have to flush everything that happened that first year. Let that go, the good and the bad. Remember what happened, remember what got you there and redo that," Kupp said.

Quarterback Vernon Adams Jr. described Kupp as one of the hardest working players on the Eagles' football team.

"He's just a humble guy and he just gives it his all every single play, and I love to play with a dude like that," said Adams. "He's definitely the best receiver I have ever played with in my life."

Being content is not in Kupp's vocabulary when it comes to the game of football.

"You know the worse you can do is just sit back and say 'I put in the work already, so I'm good.' That's just how you remain the same and that, to me, makes no sense," Kupp said. "Why would you want to be content with where you are? You always should be striving to be better."

New wide receiver coach Nick Edwards, who is a former EWU football player, described Kupp as a workaholic who wants to get better every day.

"He just has a conscience effort that he just wants to



Photo by Fetlew Gebreziabher

Cooper Kupp and his fiancé Anna Croskrey after the Oct. 4 game against Idaho State University.

get better every day," said Edwards. "He wants to be the best wide receiver that ever came through here. There's a long list of good wide receivers and he wants to be the best."

Edwards also acknowledged Kupp's knack for teaching the younger players, which has helped his game since his freshman season.

"He's doing a good job of coaching the younger guys like Terence Grady and Nic Sblendorio," he said. "So when you're in the teaching moment, you're learning stuff yourself because sometimes you say things that you wouldn't really think about. You're better when you're a teacher and helping others as well."

Even though Kupp is just

a second-year player, his work ethic has already made an impact on the team. For head coach Beau Baldwin, Kupp's leadership role in the locker room is his largest impact this year.

"It's huge and it goes above and beyond the receiving core too and a lot of times leaders develop regardless of their age," said Baldwin. "It's more by their actions, their demeanor, their toughness, how they handle the classroom, the weight room, and he just does all those things at such a high level and practices at such a high level. So, he does all the things you expect out of a leader whether you're a sophomore, junior or senior."

Kupp credited his father, Craig Kupp, for instilling a strong work ethic in him at

a young age. He reminisced back to a time in middle school when he was 5-foot-0 and about 90 pounds and was playing on an Amateur Athletic Union (AAU) basketball team. His team would travel all around the northwest every weekend and every game Kupp sat on the bench and did not play.

"He told me the one thing I'm going to have to learn through these experiences is that I'm going to have to have heart," said Kupp. "I'm going to have to be willing to work because I don't have that God-given size or speed, but God did give me this blessing of being a diligent worker."

COOPER-PAGE 8

## Terrain: Spokane's creative kaleidoscope

By ALLA DROKINA  
staff writer

The outside of the warehouse looks abandoned, but there is plenty of action inside. People are coming and going, tools are strewn about, art installations are pieced together and several dust pans are lying around.

The preparation is for Terrain, an art exhibit showcasing a kaleidoscope of local creativity that includes music, spoken word poetry, dance and an assortment of art pieces. On Oct. 3, from 5 p.m. to 2 a.m., Terrain opened its doors for its seventh annual event.

This year, Terrain is in its new permanent location, the Washington Cracker Co. It featured 255 works of art, 142 artists and 10 bands. Entry is free for all.

Terrain is set to be an ongoing event; the warehouse will become a music venue and a year-round space for Terrain art exhibits.

Since its creation, Terrain has provided a way for emerging artists to expose their talent and help build connections with other artists in the area, but even those who may not be artists helped make Terrain possible.

Luke Baumgarten, one of the original coordinators and founders of Terrain, was surprised by the influx of volunteers offering to help for the opening.

"They come from all walks of life. We've had state senators and gutter-punk kids working the door for us. An assistant principal and his wife who's a nurse were literally pulling weeds in the parking lot last night," said Baumgarten. "Two young homeless dudes enjoyed Bazaar so much they helped us clean up afterward."

Although there are many volunteers helping with Terrain, there is a main force behind it.

TERRAIN-PAGE 4



Photo by Jessica Hawley

Gummy bear photograph is one of the many art pieces at Terrain.

## Foodborne illnesses a serious concern

By AARON BOCOOK  
staff writer

Just days before his sister's wedding, EWU Alumnus Wilson Criscione was lying on a hospital bed, his body seemingly withering away and his arm impaled by an IV needle.

"I didn't really think it was food poisoning," Criscione said. "With food poisoning, you would think you'd be throwing up a lot, but I didn't throw up once."

He said he thought he had mild food poisoning earlier in the year: he threw up a few times, but was only sick for about one day.

"This was different," he said.

After feeling sick to his stomach, Criscione

said he started seeing blood coming from places it should not.

He went to the emergency room, where he was tested and given pain killers for severe abdominal cramping. "It felt like someone was strangling my stomach," he said.

After a total of four days and three nights in the hospital, he lost 15 pounds. Along with a nearly \$5,000 bill, he was given his diagnosis. Food poisoning from a rare strain of E. Coli bacteria.

Dave McKay, Eastern's director of Dining Services, said most people do not realize just how serious food-borne illness can be,

FOODBORNE - PAGE 6

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## Upcoming Events:

## October

The month of October is **CREATE SPOKANE**: a celebration of local arts and culture across creative industries and arts disciplines.

Oct. 9 **Gaye Adegbalola-Two Concerts** and a Lecture on Civil Rights, Voting Rights, Gay Rights and the Blues, 3-4 p.m. Contact the EWU Women's Center for more information.

**Apple Festival**, ran by the Green Bluff Growers, will be recurring daily from **Oct. 7 to Oct. 26**. It is located 15 minutes North of Spokane on Day Mt. Spokane Rd. Mead, WA 99021. **Entry is free.**

EWU Libraries - **Ban Boss: To celebrate the International Day of the Girl**, EWU Libraries is presenting four women who have achieved leadership positions to talk about their own experiences and accomplishments navigating male-dominated roles in **JFK library Oct. 27: Noon-1:30 p.m. and Oct. 28: Noon-2:30 p.m.**

Oct. 28: **Creating Healthier Communities Together**, a free presentation by Dan Buettner, author of The Blue Zones, 6-8 p.m.

Oct. 28: **Bellevue Leadership Event** featuring R. Brad Lawrence, former CEO/Executive Chairman of Esterline, a Boeing supplier, 12:30-1:30 p.m.



For the most up-to-date events in Cheney and Spokane, follow us: @EasternerOnline



## Eagle Life

Why the 'Hispanic' identity is skewed and the definition of diversity, page 5.





Are you a fan of the water quality in Cheney? Tweet us your response at @EasternerNews.

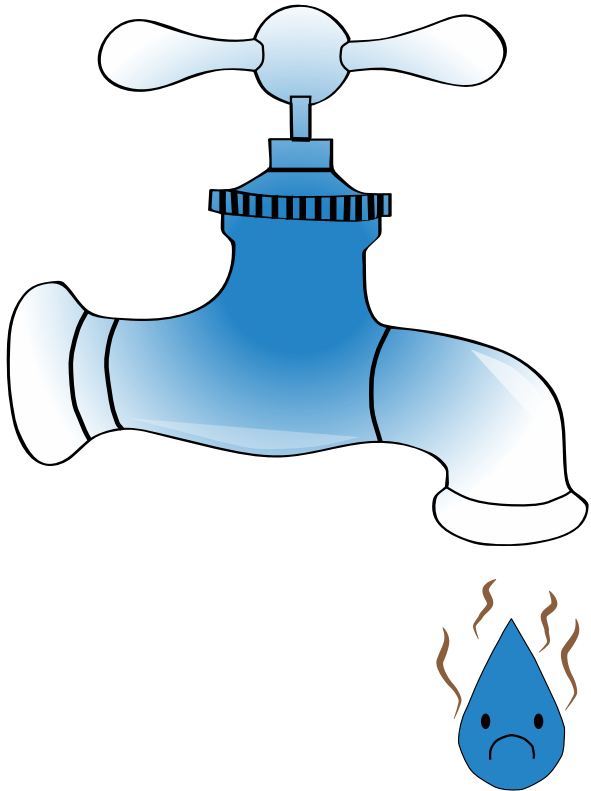


Illustration by Nicole Ruse

# Water smell explained

By ALEX MILLER  
staff writer

Some EWU students and residents of Cheney have a problem with the smell or taste of Cheney’s water, but if the water did not smell bad, it would not be safe to drink.

“It can pretty much differ anywhere on campus, so some of it tastes not too good,” said sophomore Andrew Logan.

Todd Ableman, Cheney’s Public Works Director, assures the unfortunate smell is an unwanted result of the cleaning minerals the city uses to keep the water safe and drinkable.

“We do disinfecting through chlorination, and some of our minerals, which is basically like an iron mineral, reacts with the chlorine,” said Ableman. “If a concentration comes in to the right area, it may discolor the water a little bit and cause an odor. The reason why we chlorinate is because we want to make sure we take care of any type of pathogens that can be introduced into the system.”

The United States Environmental Protection Agency lists chlorine as their treatment plan for disinfecting water on their website, so Cheney is far from alone when it comes to water treatment methods. As a result, Cheney is not alone with the bad smell either, which is an issue that can affect anyone in the country, according to Opflow, a monthly publication on American water.

Ableman said there are other problems present which can aggravate the issue. “There’s a certain type of pipe that goes into new construction that kind of reacts with the chlorine that can also cause an odor and also some certain brands of hot water heaters,” he said.

The city is always cautious, though, as Ableman said, “The important thing is if we have discolored water or odor in the water, if that is conveyed to us we always go out and check a

fire hydrant nearby to make sure that we can see if this is a problem in our system, or if it’s more related inside the building itself.”

There are alternative ways to treat water that will not leave the unpleasant smell, such as setting up a water treatment plant or having an ultraviolet system, but they are not cost effective for Cheney. “It would be very, very expensive,” said Ableman.

There are those, however, who have absolutely no problem with Cheney’s water, like EWU student Daniel Weddle, junior. “Personally, I think Cheney’s water is fine. I hear

a lot of people say that it smells or that it’s not that great, but I think it’s cool. It’s one of my favorite amenities. It’s the only free thing I have.”

Ableman said Cheney spends around \$1.1 million annually for their entire water division, but said Cheney spends around 20 to 30 thousand dollars on treatment alone, which Ableman says is “average” in terms of cost.

Last year, the city had zero violations with the water quality on their set budget, according to the city’s water quality data table for 2013.

If the odor of the water is too much to bear, Ableman said most in-house tactics will do the trick. “Water softeners, refrigerated water filters and water filters on the tap itself,” are ways to solve the problem in-house.

Ableman said education is the most important step to residents finding solace with their water. “Community education to try and understand what they’re seeing, maybe what they’re smelling, and be able to communicate with us and get it on board, so we can take a look at it,” he said.

Logan said, “I think education would help. I think knowing that it’s clean and the reasons why it tastes like it does will be a big factor.”

# EWU wins grant promoting financial literacy

By KATIE DUNN  
staff writer

Eastern Washington University is one of 21 colleges across the United States to receive a Financial Literacy Counts grant from Higher One.

Higher One is a public company affiliated with The Bancorp Bank that administers refund management and payment services for over 1,900 colleges and universities. According to Higher One, this is the fourth time they have offered the Financial Literacy Counts grant, a program established to provide the means for increasing financial literacy and awareness in college students.

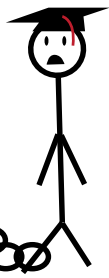
With the grant money, Eastern is proposing a four-week project to educate students about basic budgeting, credit cards, managing debt and credit scores through workshops, training modules, guest speakers and presentations.

The program is called “Eagles who Save.”

“EWU did a great job of emphasizing the need for practical financial literacy knowledge and tips relevant to today’s college students, stressing the importance of reaching students right at the beginning of their college experience,” said Mary Johnson, financial literacy and student aid policy director at Higher One, through email.

“The modules they proposed will be designed to be fun, engaging and interactive, with real life application. There will be extensive student participation in the development and implementation of the program, which is a key requirement for our

Eagles who Save provide first-year students with practical financial literacy education focused on four key areas: Basic budgeting, credit cards, managing debt and credit scores.



Creating a budget



## Credit Score

- ☐ Good
- ☐ Ok
- ☐ Bad
- ☒ College Student



Graphic by Tanner Streicher

grant program.”

The grant required a student-run organization’s participation, so Josh Ashcroft, chief housing officer at EWU, teamed up with the Residence Hall Association.

Bilal Badruddin, resident life coordinator, said that after considering all options RHA was chosen because they have access to all resident halls and over 2,000 members who can help with the program.

“At some point we’re all going to need a loan, and not just for school,” said Badruddin. “Students are going to get as much out of this program as they put into it.”

The grant gives Eastern a little over \$3,000 for expenses including guest speakers, advertising, refreshments and

prizes for events.

The program is spread out over four weeks with a break before the last two. Each week will have its own theme. The theme for the week of Sept. 29 was Budgeting 101.

First-year students are the target audience, but everyone is welcome and encouraged to participate.

“We know that often times students struggle with their finances and just understanding how to create budgets, how to live within their means, how to avoid credit card scams and identity theft,” said Ashcroft. “These are all things that sometimes happen to people who are going through credit cards for the first time.”

RHA’s role is still

being decided, but for now they are providing behind-the-scenes support and are in charge of drawing interest for the events.

RHA also buys the prizes. Last week they spent \$200 on an Eastern blanket, socks, binders and other school supplies. Shopping locally kept the money with EWU and the items with Eagle logos were to invoke school pride.

“We know that there is a need out there,” said Ashcroft. “Hopefully we’ll be able to find different ways to reach students on this topic because I think there have been attempts to provide financial education here in the past and the hard part is what’s the incentive to get students to see the value of it.”

# University unions protect members’ rights

By RONNI TAYLOR  
staff writer

EWU currently has three unions working together and with the university to cover workers from instructors to recruiters.

As Director of Human Resources, Rights and Risk, Jolynn Rogers communicates with the unions throughout the year.

Rogers said the relationship between the university and the different unions is amiable: “I think we are really fortunate that we do care about the relationship. The union cares about it, we care about it, management cares about it and that is half the battle to not see it as a barrier, but as a defined way we all work together.”

Eastern currently has three different labor unions, the Faculty Union, the Classified Union and the Pro Staff Union. Each of these three unions have separate contracts to protect their employees.

The EWU website states that the Faculty Union encompasses “all full-time and regular part-time employees of the university who are designated with Faculty Status, excluding casual or temporary employees.” Faculty members include professors and other teaching staff of the university.

The Classified Union is defined “as the exclusive bargaining representative for supervisors” of the university. The state passed a reform act sev-

eral years ago in order for this union to be created, according to Rogers. Before this, the classified employees were under the state umbrella for salary setting. Now they get to manage that as a group.

The Pro Staff Union, the newest union, was created to serve the needs of “all full-time and regular part-time exempt employees” who are “assigned to provide student counseling and employees assigned to extension/continuing education.”

Rogers said before the Pro Staff union was created, these employees, such as recruiters, counselors, resident hall employees and other student service workers were not allowed to organize. This has only just changed in the past four or five years.

With three different unions representing a wide variety of employees, the relationship between the school and the unions depends on communication and mutual respect.

Rogers said “the union business is their business” and that the administration is separate from them. “Whenever you create a relationship with a bar-

gaining unit it’s their unique contract and we abide by that contract,” she said.

Unions are set in place to protect the rights of the employees. The contracts that each union creates can be used as a way to specifically state these rights and to solve problems that may arise, such as who gets paid time off and how to handle disciplinary grievances, according to Rogers.

Labor management committees are also set in place to help with communication between the administration and the unions.

According to the EWU Labor Relation’s webpage, “The Mission of the Eastern Washington Labor Relations office is to create and support a positive and productive working and learning environment for all employees in the university community.”

The creation of the Pro Staff union now enables a wider variety of employees on campus to be able to group together and have their rights protected. Since the union is still in its beginning, Rogers says the university is “ready to move forward with the new contract.”

Jolynn Rogers

Director of Human Resources

## Classified

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Have PLUS groups helped you get through a difficult course? Let us know @EasternerNews.

Drunkorexia: Alcoholism and eating disorders combined

Efforts to control calories cause mental and physical health concerns among students

Domestic violence at colleges prevelant

By AYANNA FERNANDEZ staff writer

According to the National Domestic Violence Hotline website, 57 percent of college students have admitted to experiencing a domestic violent relationship and 1 in 3 college women are in an abusive dating relationship.

Michelle Helmerick, manager of Student Support and Advocacy, said domestic violence can come in all shapes and sizes as well as happen to, and be perpetrated by, both men and women.

"[Domestic violence] has a lot to do with control and power," said Helmerick. "It is when one person is taking away control and power from another person."

According to Helmerick, physical domestic violence is only one form of domestic abuse. Others include verbal abuse, emotional abuse and damaging someone's property. Even digital harassment is abuse.

According to the National Domestic Violence Hotline website, 24 people per minute become a victim of rape, physical violence or stalking by an intimate partner in America. This adds up to about twelve million people a year.

By REBEKAH FRANK staff writer

Body image ideals are on a majority of college students minds, and these ideal images can affect students in negative ways.

EWU director at Student Health, Wellness and Prevention Services, Tricia Hughes, said it is difficult for college students to be happy with their body image when they are looking around and mentally comparing themselves to their peers. Instead, students should be talking to each other, because chances are their peers are struggling, too.

"We have a lot of students on our campus who are really afraid, and they don't realize many of the other students are feeling the exact same way that they are," said Hughes. "They don't realize that if they looked around the floor in their residence hall that there [are] 10 other women on their floor who have the same insecurities and feelings that they have, and if they could just talk about that in a really real way I think it would help."

Unfortunately, instead of talking to someone about their insecurities, some students turn to other methods of coping. 30 percent of women between 18 and 23 years of age participate in drunkorexia, according to EWU Counseling and Psychological Services (CAPS) eating disorder specialist, Lauren Cahill.

According to the Journal of American College Health, "Although lacking a systematic definition, drunkorexia is commonly characterized by the following behaviors: skipping meals in order to 'save' calories or compensate for increased caloric intake from consumption of alcoholic beverages, excessive exercising in order to compensate for calories consumed

from drinking and/or drinking excessive amounts of alcohol in order to become sick and purge previously consumed food."

Hughes describes drunkorexia as, "When alcoholism meets eating disorder."

According to Cahill, 72 percent of students who participate in alcohol abuse also show signs of eating disorders.

"30 to 50 percent of people with bulimia nervosa and 12 to 18 percent of people with anorexia have alcohol abuse or alcohol dependency, about 30 percent of college age women admitted to restricting what they eat so they can drink more," said Cahill.

Many students are unaware of all the factors that lead to eating disorders, alcohol consumption or both, according to Hughes.

"We have two dynamics going on: The first dynamic is this strong pressure to be thin among the young women who are on this campus," said Hughes. "This is also a time and age group where we begin to see eating disorders really popping up to fit in with that pressure to be thin. Then the other dynamic that we see on a college campus is this increase [of] alcohol consumption."

Hughes said that many students participate in binge drinking, eating disorders or alcoholism because they were uneducated on those subjects. By simply not knowing the definition of these words, students are blindly participating.

An eating disorder, according to The National Institute of Mental Health, is "an illness that causes serious disturbances to your everyday diet, such as eating extremely small amounts of food or severely overeating."

DRUNKOREXIA-PAGE 6

VIOLENCE-PAGE 5



Illustration by William Hayden

PLUS groups provide Eastern students the resources to succeed

By REBEKAH FRANK staff writer

According to Eastern's Program Leading to University Success (PLUS) coordinator Carlos Munoz, the PLUS research has shown students who come to five or more PLUS groups receive a final GPA about .5 higher than students who do not attend PLUS.

PLUS groups are large tutoring sessions assigned to specific classes with a facilitator who is knowledgeable in that specific class. Most PLUS groups are for introductory level classes, but some higher level classes have PLUS groups as well.

According to the PLUS website, these study groups are designed for students in specific classes. PLUS facilitators have taken the same class with the same instructor that the students in the group are taking.

"It's a great way for students to get support from someone who's experienced in that field with that instructor. Anyone enrolled in that

class can go to it. You come or go as you please," said Munoz.

Munoz said the goal of the PLUS groups is to provide students with someone who understands their professor's teaching methods, has taken their tests already and understands what that professor is looking for in students.

According to the PLUS Executive Summary, there were 265 classes offering PLUS groups in the 2012-2013 school year.

Munoz said the facilitators assigned to each of the classes do their best to make the study session as successful as possible. The facilitators listen to the students' questions and coordinate the group into smaller groups based on similar challenges and needs.

"The facilitator can provide those insights like, 'I know how

the testing is going to go, here are some possible test questions, this is the format you might experience, here are some challenges you might get with these kind of questions.' They review, ... they do worksheet reviews, test reviews or book reviews," said Munoz.

PLUS groups are available for many different classes such as chemistry, math and psychology. According to the PLUS schedule there are 20 subjects with PLUS groups scheduled already.

The facilitators will often bring in materials that they think will help their peers to be successful. They also try to answer questions by teaching study skills that students can take with them into their other classes.

The whole program is designed to be fun and full of opportunities. Students involved

in PLUS groups learn new study skills and have the chance to meet other peers who they might have future classes with.

According to the PLUS website, "You don't need to cram all weekend. Pick up your textbooks and join one of our services. We don't study longer or harder; we study shorter and smarter. We are not afraid to have a good time while we learn."

EWU Library Information Desk assistant Jessica Basta said she really appreciates the dedication of the facilitators.

"The facilitators are very helpful and outgoing. They want to see you succeed," said Basta.

The facilitators come up with their own methods to help students succeed. Munoz said that some groups play Jeopardy to help make the learning fun and challenging.

"It's impressive; it works. Students are happy with the results. The feedback I got from students is they realize that everyone struggles," said Munoz.

Munoz expressed that his vision with PLUS groups is that students use their peers as resources. The reason the PLUS groups are all mainly for introductory classes is so students can make the connections they need before they start climbing the education ladder.

Munoz said his hope is that as students go into their new classes, they will know more people and be able to take the study skills they learned in PLUS and apply it to their own study groups.

"The next time they go to a class, hopefully they know someone. They are like 'Hey, you were in PLUS, I was in PLUS, let's make a study group and invite people to come.'"

According to the PLUS website, the goal is to help the students as much as possible. "Our methods work! So what do you have to lose? Nothing. Our services are free and open to all students. So why spend five hours studying on your own when you can study two hours with us?"

"It's a great way for students to get support from someone who's experienced in that field with that instructor."

Carlos Munoz PLUS coordinator

Classified

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# Terrain

Terrain logo by Baroque and Seven2

**TERRAIN:  
CONTINUED FROM FRONT**

Baumgarten, Ginger Ewing and Patrick Kendrick are the original coordinators of Terrain. Baumgarten deals with the public relations aspect of Terrain, Ewing specializes in the visual art department and Kendrick handles the music arena. Diego Sanchez started out as a committed volunteer and now is a volunteer coordinator and organizer.

The vision for Terrain began when Baumgarten, Ewing and a few of their friends were fed up with seeing numerous people they were close to leave Spokane for cities that they felt provided more artistic opportunities for them. The exasperation ignited an idea.

“The amazing thing is that the vision has come as much from the community as from any of us. Artists and patrons have had really incredible feedback and ideas that have led us to create a bunch of the programming we do,” Baumgarten said. “Bazaar, the event we started in June, came completely out of conversations with young artists about what they need in Spokane.”

*“The amazing thing is that the vision has come as much from the community as from any of us. Artists and patrons have had really incredible feedback and ideas that have led us to create a bunch of the programming we do.”*

**Luke Baumgarten**  
Terrain co-coordinator

Terrain’s main website states: “The dream was to put young artists and experienced industry professionals in the same room — to connect them and to start a conversation. Terrain would be an art exhibition and a networking function — a debutante ball at a rock concert.”

“It’s a lot of hard work putting this event on and 99 percent of the people who come to the event have no idea the amount of labor and love that goes into putting it on. I just love seeing it all come together and love their passion for what they do,” said Joel Barbour, contributing artist in previous years and founder of The Great PNW clothing company located in Spokane.

According to Baumgarten, Terrain is about building community and built by community.

“I think the most rewarding thing is the artist reception night, when we are standing in front of a room filled with incredibly talented and dedicated people, and just feeling like I had a small part in honoring them,” Ewing said.

Countless art pieces are submitted for the chance to be part of Terrain. A team of five jurors selects which pieces will be showcased. Jurors

range from professional artists in the area to local professors. The process comprises three rounds and majority vote rules. This year over 1,000 art pieces were submitted and over 60 bands applied.

“The submissions are different every year, obviously, but the jurors are too, so in addition to the artists’ voices we get a little of the jurors preferences and opinions about art as well. It’s an interesting dialogue,” said Baumgarten.

Terrain does not adhere to any kind of cohesive theme in its art selection. It displays a diverse collection: graffiti and watercolor can be seen in proximity to one another as well as distinct materials used for installations, such as paper, wood or furniture.

Although the artwork and performances for Terrain have varied year by year, Barbour believes Terrain has been consistent in its ways.

“I don’t feel Terrain has changed much over the years. It has always stayed true to showcasing the best of local art. I think the biggest thing is how much Terrain has changed Spokane,” said Barbour.



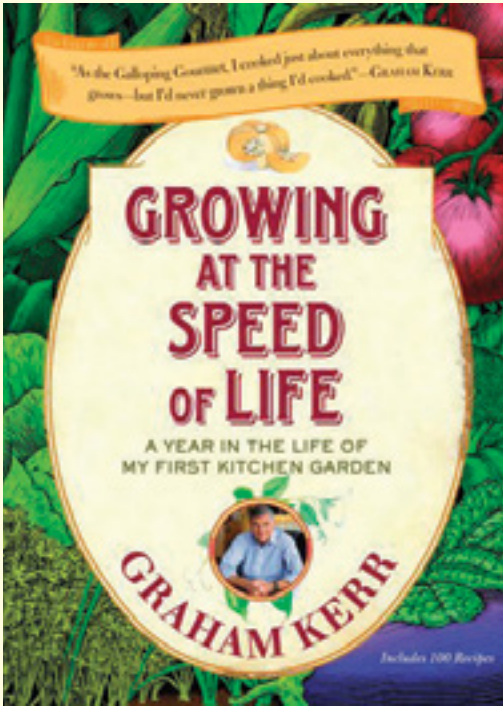
Mosaic glass head art piece shown at Terrain.

Photo by Jessica Hawley

## 🌱 growing at the speed of life 🌱



Graham Kerr



*a healthy living event with internationally known chef and author graham kerr*

**EWU is excited to host Graham Kerr on campus for a series of events designed to help you make healthy, creative lifestyle changes and increase consumption of fresh, local edible plants and seafood.**

Kerr is one of the first celebrity TV chefs (*The Galloping Gourmet*—PBS and CBS). Along with Julia Child, Kerr revolutionized the average person’s approach to food. After his TV chef days, Kerr turned his attention to a variety of different topics, including personal/spiritual happiness, healthy eating and growing your own food. His book, *Growing at the Speed of Life*, chronicles his adventure of starting a garden for the first time in his life. It is filled with hints about gardening, as well as interspersed with original recipes that promote his healthy eating interest.

## schedule of events 🌱

**Wednesday, Oct. 15**  
**9-9:50 a.m., Showalter Hall room 109:** Especially for students! Come visit with Graham Kerr!

**11 a.m.- noon, behind the Red Barn:** Garlic planting at the Community Garden with students.

**Noon-2 p.m., Pearce Hall:** How to Eat Healthy in College—Kerr joins a panel that includes Dining Services chefs, the nutritionist from Rockwood Health System and the chef/owner from The Mason Jar. This is a soup and sandwich event open to all students. The panel will discuss options and strategies for eating healthy in college.

**3-4:30 p.m., Powers Reading Room, Hargreaves Hall:** Tea with Graham, sponsored by Rockwood Health System. Kerr will provide remarks, take questions and sign books. (Books for sale at the event). Open to students, staff, faculty and community members. Light refreshments served. Admission is free. Donations accepted for Eastern’s Community Garden.  
**RSVP at ewu.edu/kerrtea.** Limited to 250 attendees.

For more information, contact Elizabeth Baker at [ebaker@ewu.edu](mailto:ebaker@ewu.edu) or 509.359.6015. Persons with special needs may make arrangements for accommodations by calling 5 days prior to the event.





Promotional illustration created by Tanner Streicher. Photos contributed by Internet Movie Database.

# Most exciting films of 2014 yet to come



CHRIS MUDD

With just a few months left in the year, the time for top 10 and “best of” movie lists is inevitable. Yet that doesn’t mean there are not any good films set to be released this year that are worth getting excited about.

Nov. 7 brings us the latest from Christopher Nolan, director of the “Dark Knight Trilogy” and “Inception.” “Interstellar” is a science-fiction film Nolan based on actual theoretical physics by Kip Thorne that discuss the potential of faster-than-light travel. The story takes

on a human edge when the main character is forced to be separated from his family to go on a mission to save what’s left of mankind.

Despite the somewhat disappointing “Dark Knight Rises” – which only really looks bad when compared to “The Dark Knight” – Nolan has continually shown that he is a master of the movie-making craft, so I can’t think of any film I’m more excited to see this year.

Next up is “Birdman or (The Unexpected Virtue of Ignorance),” the latest from Academy Award-nominated director Alejandro Gonzalez Iñárritu. It follows a washed-up actor – played by Michael Keaton – known for playing an iconic super-

hero as he attempts to put on a play on Broadway, all while jumping in and out of some kind of hallucinogenic psychosis. With an all-star cast and a truly talented director, “Birdman” is looking to be a hit.

Again, it seems as if 2014 is going to be the year of physics movies, as my next choice is “The Theory of Everything,” a somewhat biographical film based on the life of renowned physicist Stephen Hawking. The Director, James Marsh is known most for his 2008 documentary “Man on Wire.” If anything, I’m extremely curious to see how Eddie Redmayne, the actor playing Stephen Hawking, will portray a man whose body is

beginning to fall apart due to a motor neuron disease. That’s one to watch for an acting Oscar.

“Inherent Vice” is Paul Thomas Anderson’s latest film and of all the directors that folks should keep an eye on for somewhat under-the-radar films, this is the man to watch. The man knows how to tell a compelling character drama, having made films like “The Master” and “There Will Be Blood,” two of my favorite movies from recent years. Despite a vague trailer, armed with a completely star-studded cast that includes Joaquin Phoenix, Josh Brolin, and Benicio del Toro, “Inherent Vice” is lining up to be one amazing flick.

Ridley Scott is releasing another epic-scale film in the form of “Exodus: Gods and Kings,” which stars Christian Bale and Joel Edgerton playing out the biblical tale of Moses. It’s a story we’ve seen in films over and over, but Scott is likely to bring his usual flare and grit to an already gritty story. I’m certainly getting a “Gladiator” vibe from the trailers, and I’m excited to see what he can do.

With only months left in 2014, there are plenty of films to get excited about, film fan or not, and there are certainly some awesome experiences in store for us before the year comes to a close.

# The ‘Hispanic’ blanket term is not that warm



Illustration by Lauren Campbell

By AARON BOCOOK  
staff writer

A brown, wooden bat swung blindly hits its mark. A paper-mache donkey bursts open, spilling its delicious, colorful contents to the ground. All the children laugh, scream and dive for the candy.

After all, it is a celebration.

In barrios across the U.S., between Sept. 15 to Oct. 15, this could be a common sight; it is National Hispanic Heritage month, a celebration, according to hispanicheritagemonth.gov, of “histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.”

According to the latest U.S. census, over 17 percent of America’s nearly 320 million person population are so-called “Hispanics,” making up the biggest minority group in the U.S.

But what does the term “Hispanic” even mean?

The term Hispanic, like the term Latino, was created as a sort of blanket term that includes people from North, South, and Central America, the Caribbean and with roots reaching back to the Spanish colonization of the new world.

For some, it is not a positive definition. “The term Hispanic is misleading,” Dr. Elisa Facio Director of EWU’s Chicano Education Program, said. “‘Hispanic’ represents 26 different countries.”

Dr. Martín Meráz García, EWU professor of Chicano studies, said the term makes him a bit uncomfortable.

“I have multiple identities,” García said. “I identify myself, of course, as a Chicano. I also identify myself as a Latino. I identify

myself as Mexican. I sometimes answer to Mexican-American. And, at times, I also find myself having to say, ‘Yes, I am,’ to the term Hispanic.”

García said the reason the term Hispanic is uncomfortable for him is because he knows the academic definition and the implication it carries.

“We live in a country where we want to collect data,” García said. “So the best way they thought about doing that was to identify a term and put all these different groups under that category.”

Facio also said that the term was imposed by the U.S. government, a generalization that makes the census easier.

So, “Hispanic” appears on the U.S. census as a term broadly lumping Spanish speaking (and sometimes Portuguese speaking, as Brazilians have no other box to check) people who share a similar culture into a group regardless of their race or preference.

Over 50 million Americans checked that box for the 2012 census. Whether they identified as Latino, Chicano, Mexican-American, Cuban-American, Puerto Rican, they all laid down under the “Hispanic” blanket.

Identity can be very complex, but there is a history behind these terms, even Hispanic.

García said that the term came out of the Lyndon B. Johnson administration and that most Chicano scholars would agree that it was an imposed term. García said when an entity, like the U.S. government, has the money and power to print millions of forms and leave a large diverse group with only one option, it can hardly be called

IDENTITY-PAGE 6



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**VIOLENCE:**  
CONTINUED FROM PAGE 3

Helmerick said in the past, Student Support and Advocacy used to look at domestic violence as abuse that was taking place between a man and a woman, usually in a relationship. However, they have shifted gears and are viewing it as intimate partner violence, from dating relationships to roommate relationships.

Senior Seairra Wheatley can think of two reasons why domestic violence is more common among college students versus younger teens and children.

“Maybe it was going on within their regular home life so when they moved away to college and got into a relationship, the behavior was a part of the norm. Or maybe there were too many people around,” said Wheatley. “Being miles away at college gives students the opportunity to be isolated from family and regular friends. A person becomes isolated from those people and [becomes] so busy in their own world of college, too busy to even pick up the phone to call home and say, ‘I need help!’”

According to the National Domestic Violence Hotline, 43 percent of dating college women have reported experienced abusive and violent dating behaviors that range from verbal and physical abuse to sexual abuse.

Helmerick said warning signs include dictating whether and when someone can talk to another individual, overseeing what they are doing; schedule monitoring and regulating access to money and resources. The most common warning sign is physical marks or any type of relationship that is outside the norm between two people.

Wheatley said she was shocked when she was thrown into a situation where she was forced to witness a domestic violent situation take place in her home. She was completely unaware of the situation.

“I tried to help but the guy was just too strong, then the next morning the my roommate was laughing as if nothing ever happened,” Wheatley said.

Wheatley said how frustrated she was by the situation.

“I felt like, ‘Why should I try to help you from getting your whole head knocked off, when you’re just going to laugh the next day about it,’ said Wheatley. “Of course I’m going to help because you’re my friend and I am concerned about you.”





Comic by Joseph Weeden

Have an idea for the comic strip? Send your ideas to [easterner.photo@gmail.com](mailto:easterner.photo@gmail.com)

IDENTITY:  
CONTINUED FROM PAGE 5

anything but imposing. García said that some Hispanic scholars would disagree and claim that Hispanics within the Johnson administration were appointed to create the term. The main reason García said Chicanos find the term negative is simple: It is associated with the Spanish, the first Europeans who came to conquer the New World. It ignores and denies the Native American roots of the Mestizo, or mix of the Spanish and Native Americans. From the 1960s through the 1970s, García said the Hispanic identity was a tool to avoid discrimination. If a person played up the European aspects of their identity, it was easier to blend in and be accepted by the dominant group. This brings up other

questions of identity. García said that according to Chicano scholars, the term Chicano was originally used to differentiate between Mexicans who were living in the U.S. after the Spanish American War in the late 1840s but later became associated with Mexican-Americans who were inclined to activism. A Mexican-American identity usually refers to an American of Mexican ancestry, a term that was also used to differentiate between American-born Mexicans and Mexican nationals. Latino is a term used in much the same way as Hispanic for people of Latin American descent, such as people from Puerto Rico and Cuba. The term is considered more inclusive than the term Hispanic, though according to García, some Chicano scholars would disagree, because it is also

used as a blanket term. Facio also reminds students that the term Hispanic spans such a large geographic space that nationalities are often confused with Hispanic as an ethnic term. “Mexico is not like Bolivia,” Facio said. “Cuba is not like Puerto Rico.” In his classes, García said he encourages all of his students to explore identities. “It’s okay to identify with more than one label,” he said. This extends beyond just the identities associated with so-called “Hispanics.” He said after taking his class, he finds students taking interests in their roots all over the world. The term Hispanic is like the piñata: You have to break it open to get all the flavors of candy inside.

FOODBORNE:  
CONTINUED FROM FRONT

and it is his job to address any claims that these illnesses could be linked to an on-campus food supply. “As the American public, our mothers taught us, ‘Was it something you ate?’” McKay said. “The truth is, though, we have the safest food supply in the world in the United States. Just for Eastern, for our standards, and what we monitor, we have had in the last five years, over 5 million sales or transactions through our operations. We have not one confirmed case of food poisoning.” In Criscione’s case, EWU was cleared. He had not eaten any food on campus the week prior to his illness. McKay said he and his staff are prepared to handle cases of food poisoning on campus, and though they are rare, they handle the issue in a very serious manner. If a student suspects they got sick from an on-campus food source, his department starts to trace the timeline, asking students where and when they last ate and if they have allergies or an intolerance to any kinds of food. According to McKay, the reality of foodborne illness on campus is that it generally occurs on an institutional scale, meaning more than just one person will be sick. “It’s not going to be one. Based on our volume. It’s going to be, I’m sorry

to say, more than that,” McKay said. “We take it very seriously in how we approach it.” McKay suggested students always go to the doctor first. EWU has a working relationship with the Spokane Regional Health district, who are able to talk with doctors on issues of confidentiality and can rule out foodborne illness quickly if it is not a factor. Often times, McKay said foodborne illness is mistaken for food intolerance or the maladjustment a lot of students have with their immune system, metabolisms and other lifestyle changes associated with a transition from home to college. Students are encouraged to utilize EWU’s comment card system which tracks these issues, along with other basic customer issues. Although Dining Services employees are trained to take comment cards, McKay said the best way to handle complaints or praise is through the online comment card, available through the Dining Services website. This method allows Dining Services to have an electronic record of every comment card, and common issues can be addressed more efficiently. Criscione said the E. coli was eventually traced back to Evergreen Sprouts LLC of Moyie Springs, Idaho, who ships their product to both Pita Pit and Jimmy John’s, two places where he ate in the days leading up to his food poisoning.

According to Criscione’s lawyer, Evergreen has been involved in lawsuits over food poisoning in the past, including a suit over salmonella in 2010. Criscione said his reason for suing was due to the large medical bill and because he felt the incident negatively impacted his life. He missed a week of classes, a week of work at three different jobs and nearly missed the most important day of his sister’s life. “I’m her brother. I should have been helping,” Criscione said. “My whole family was in town from New York and California. I hadn’t seen any of them in years, and they were in town for the week I was in the hospital.” McKay said the best way to stop food borne illness is through prevention. He said 95 percent of his staff is ServSafe certified, training which goes above and beyond the basic blue health card. He encourages students to know the times and temperatures for safe food handling, especially when bringing food home in take-out containers. The most crucial thing, he said, is good personal hygiene, and to wash your hands often with hot soapy water. McKay said he is always available to students and their concerns about Dining Services. “I’d encourage them to come see me. We really do want to know.”

Corrections for Issue 2:

Page 2: Mars Hill was founded by Mark Driscoll, Mike Gunn and Lief Moi.

Page 3: There are 3 words missing from the Cannabis jump, it should end with “from the university.”

Page 8: Collin Kupers was misquoted in the Easterner Asks.

Page 10: The pull quote should be contributed by Nic Sblendorio, not Victor Gamboa.

THE EASTERNER

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Cheney, WA 99004

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• Copy editing meetings are Saturdays at 9 a.m.

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DRUNKOREXIA:  
CONTINUED FROM PAGE 3

A person with an eating disorder may have started out just eating smaller or larger amounts of food, but at some point, the urge to eat less or more spiraled out of control.” According to Cahill, alcoholism or alcohol abuse is when two or more conditions are met. These conditions are, drinking more than you intend or over a longer period of time than you intended, spending a large amount of time and activities to gain access to alcohol or use alcohol, strong cravings or urges to use alcohol, or difficulties fulfilling major obligations because of alcohol use. “The thing that is worrisome about hard alcohol is that many of our students don’t understand what a standard serving size of alcohol is. They’re pouring drinks that, while it’s one drink in one glass, it might be three or four standard serving sizes of hard liquor in that glass,” said Hughes. Hughes and Cahill both expressed great concern for mixing alcoholism and eating disorders. The consequences of participating in drunkorexia are either unknown or dismissed by students, according to Cahill. “There can certainly be some negative consequences. [Such as] higher blood alcohol concentrations, which can lead to alcohol poisoning potentially, death if significant enough [and] higher rates of blackouts. If that behav-

ior continues, other severe medical complications [can follow] like liver disease and dementia,” said Cahill. “It is a very dangerous behavior to engage.” Hughes agrees that this is a dangerous habit. She said while students participating in drunkorexia are restricting the amount of calories they are consuming, they are also replacing nutritional calories, which their body needs, with empty calories. According to Mirror Eating Disorders, “People who drink alcohol should not restrict their food consumption during the day. A balanced diet of carbohydrates, protein and fats is essential to help the body function properly.” One EWU sophomore, who wishes to remain anonymous, said that she has thought about participating in drunkorexia in order to prevent weight gain but still be able to drink. The thought crossed her mind to try it when she was more involved in partying. She said she was drinking a lot more at that time and seeing people drunk a lot was influential. “Wouldn’t it be so easy? It’s so culturally accepted, people are like ‘Oh, I got so wasted last night, and I threw up everywhere. It was great.’ So you can kinda use that as an excuse to do it to lose weight or do it to feel better about yourself, because it is not abnormal, especially in college,” she said. She only thought about it once or twice before she came to her senses.

“It’s so unhealthy for you. I didn’t want to hurt myself in that way for something literally so stupid,” she said. Cahill said when students participate in alcohol consumption there could be an increased appeal of drunkorexia. “If there are concerns about body image, once you’ve had a lot to drink, your inhibition is down and you have a little bit less self control, so you might be more likely to not make the best choices,” said Cahill. “In addition, if you’ve had that much to drink, [purging] comes from the body on its own and so sometimes people might drink more to elicit that response and purge alcohol.” Hughes said she does not agree with the image that is being sold by companies, magazines and the media about how people should look. “Health means so many different things. It is not just being skinny, that’s the least of it actually ... We need to expand our definition of wellness to show that it is spiritual and physical and mental,” said Hughes. Hughes and Cahill would like to remind students that there are many resources at their disposal on campus, such as CAPS, if they ever want to talk to someone. “There are ways to enjoy alcohol and enjoy food in moderation and still be able to enjoy life as a college student,” said Cahill.





@**EasternerOnline** - What stereotypes have you heard about Greek life at EWU? • Share your opinion with us.

EDITORIAL

## Remodel of PUB on the table

A potential Pence Union Building remodel has been on everyone’s mind lately and it’s coming back, even after a slight majority of Eastern students voted against it.

The ASEWU wants to try again from a different approach this year. Instead of pegging the student population with deciding to remodel the PUB or not, they are hanging back and letting us ask the questions.

In an interview, student president Dahir “D.J.” Jigre emphasized that he wants students to ask questions so that it can be made absolutely clear why there is a proposal for a remodel.

Last year, the student council made it apparent that a vote would be held on remodeling the PUB. The advertising was done efficiently, but there wasn’t a lot of conversation; this year there will be a campus conversation.

There is a page on the school’s website that addresses important reasons for a remodel.

Jigre elaborated that it would take two years to complete and that half the PUB would always be open to students.

The biggest issue is money. The money needed will be taken from student fees and is estimated to cost upwards of \$30 million. The implemented fee would be small, but it would still be there, said Jigre.

Money makes everyone hesitate, especially when student tuition for the state of Washington has jumped 70 percent since 1970 and is continuing to climb, according to NPR.

Despite the money, ASEWU has a very serious list of benefits that come from a remodel. This remodel isn’t only about looking pretty, it’s about creating a safe, efficient and relaxing environment for students.

There are many things that one can complain about with the PUB. One can complain that it’s too much money and that the students shouldn’t be paying for it or that it simply doesn’t need to be remodeled.

Regardless of how one feels about the PUB, there are problems that will need to be fixed or they will have to be maintained every year with student money.

Students should ask themselves whether they would like to pay for maintenance on the PUB or upgrade to a trouble-free remodel.

Everyone needs to do their research and start asking questions.

*All editorials are read and approved by the Easterner editorial staff. Contact [easterner.opinion@gmail.com](mailto:easterner.opinion@gmail.com) for more information.*

## Do the ‘righty’ thing: make desks ‘lefty’ accessible

By **ERIC LONG**  
*chief copy editor*

I do not consider my condition debilitating, nor do I face extreme adversity on a day-to-day basis, but being left-handed in a right-handed world presents challenges which people like me face every day, especially at college.

According to an ABC News article, only about 10 percent of the population is left-handed.

If this comes as a shock, it shouldn’t. One must ask oneself, “How many lefties do I know?” The number will probably be a lot less than if the same was asked about righties.

I am currently taking govern-



Long

ment 100, the second largest class in the largest classroom at Eastern.

The classroom is 109 Showalter Hall. There are rows of comfy seats and at each seat is a little fold-up desk that students can choose to use or not. There is one problem, though.

Most of these little desks are made for right-handed people. I say most because the seats at the ends of the rows on the right side of the room have left-handed desks.

Now, I know some will ask, “Why don’t you use the desks at the end of the rows?”

I do not enjoy sitting at the ends. I like the middle seats because I have a clear view of the professor and I don’t have to worry about someone’s junk being in my face as they squeeze past me.

“Then just deal with it,” is a typical, right-handed response.

Attempting to take notes in that class using the little desk

results in me awkwardly leaning in toward the person on my right while they question my intentions and give me startled looks.

I end up using my knee half of the time because it is more comfortable for me and is the only other desk-like surface. But, using my knee usually ends in sloppy notes.

Lefties, do not be sorry if you are in this boat with me. If the righties were in our position, they would know the struggle.

It would not be hard for Eastern to install longer desks for those seats in 109 Showalter, or in similar classrooms, to accommodate people of all different handwriting orientations.

For those who are left-handed and are looking for a small break from the struggle, there is one nifty device that has made my time in class at Eastern just a little more bearable: the Lefty left-handed notebook.

Yes, this is a thing. They are sold in the EWU bookstore for \$3.50.

These notebooks are completely backwards in design, and that is a good thing. No longer do lefties have to worry about the menacing, metal spiral screwing up their note taking.

When I found these gifts from the left-handed fairies, I knew that my note taking would be smoother, and it has, for the most part.

Eastern still needs to lengthen those tiny, right-handed desks in the main lecture halls on campus.

For the righties: Please do not be offended when lefties are uncomfortably close, breathing down on your knees during note-taking classes.

Our intentions are not bad, we’re just trying to pass our classes while being forced to deal with a “righty-dominant” society.

## Greek life at Eastern: More than just stereotypes

By **NATHAN PETERS**  
*managing editor*

Transferring from community college to Eastern was a culture shock for me. The amount of events and groups on campus to get involved with is still overwhelming.

I have joined a few other campus groups along with The Easterner, one being Sigma Phi Epsilon — one of 10 fraternities at EWU.

Joining the Greek community can be a great experience, but taking that first step may be difficult for some new students.

With Hollywood dictating the perception of the stereotypes associated with fraternities and sororities, movies and stories of hazing rituals for new members create an unpleasant image of Greek life.

“You get assumptions regarding a certain lifestyle ... based off three Greek letters,” said Cw Twohy, Eagle Entertainment special events coordinator and Sigma Phi Epsilon recruitment chair.

Eastern junior Carsten Neumiller said he mostly thinks of “partying and good-looking people” when it comes to fraternities and sororities. The most widely applied stereotype to the

Greek community is partying.

Do you ever go out on a Friday night to the bars with a couple friends? Partying as a fraternity is basically the same thing, nothing remotely close to a “Project X” movie scenario happening.

Every Greek house requires a GPA standard for new and current members; if your grades dip too low, you are out. Finding balance between enjoying time with your friends (drinking or not) and schoolwork is something every student goes through. Finding that balance as a member of a fraternity or sorority is no different.

SigEp is a larger fraternity that is second in grades in the EWU Greek community. Twohy said, “You cannot walk into the gym or library without seeing a member of my fraternity.”

My decision to join a fraternity was based off opportunities for leadership experience and surrounding myself with a brotherhood. Fraternity life is so much more than the stereotypes associated with the Greek community.

Some people assume “Greeks think they are better than other students on campus,” said Ashley Mac, Alpha Omicron Pi sorority member.

“I get to know people before they find out I’m in a sorority, they learn it doesn’t define who I am as a person,” said Kimmy Betzina, Alpha Phi sorority member. She said people assume girls in sororities are stuck up and most people are surprised when they learn

she is in a sorority: Many people probably “wouldn’t want to approach me if I was wearing my [Greek] sweatshirt.”

Many members of the Greek community hold leadership positions on campus. According to Twohy, seven of the 12 ASEWU officers and three out of the five justices of the ASEWU judicial court are Greek members.

If you are a new student, be sure to check out the Greek community. Do not let the stereotypes surrounding it hold you back from at least learning more. Going Greek benefits students with friendships, leadership experience and opportunities for personal growth.



Peters

## Cheney’s absent recycling system bothersome

By **NICOLE RUSE**  
*editor-in-chief*

When I moved into my first apartment in Cheney, I was shocked.

The city of Cheney doesn’t have a recycling waste system; however, they do have a recycling center on Anderson Road that my roommate informed me about.

It pleases me to know Eastern Washington University recycles, yet I am astounded by the lack of reasoning behind Cheney’s inability to fund a proper recycling waste system throughout the various neighborhoods and

apartment buildings.

The fact that I see numerous students and families throwing away cardboard boxes, piles upon piles of paper, as well as beer cans and bottles, peeves me.

According to the United States Environmental Protection Agency, U.S. citizens throw away about 28 billion bottles and jars every year. In addition, these same citizens make more than 200 million tons of garbage each year; these numbers are continuing to rise with the population increase.

The Cheney Recycling Center, a substantial alternative, needs to be recognized and used to everyone’s advantage to reduce environmental problems in relation to trash and landfill waste.

Students who live in Cheney, even for a short duration of time while they at-

tend university, need to learn proper recycling habits, such as separating items that can be recycled, using the recycling center to minimize their carbon footprint and limiting the level of carbon dioxide emissions they emit.

Recognizing certain negative habits and learning the reasoning behind them can evoke a change into healthier habits that keep the Earth, and people’s wallets, happy.

In addition, if Cheney set up a weekly recycling system — meaning the city picks up the recyclable waste — Cheney would save money, in relation to the cost of waste, and cause the community to be more environmentally friendly.

This is a huge opportunity for Cheney to be recognized as taking a step in the right direction regarding recycling and waste management.



Ruse

## THE EASTERNER

*Serving the EWU community since 1916*

LETTERS TO THE EDITOR

**LARRY TY HOLMES**

Opinion Editor

[easterner.opinion@gmail.com](mailto:easterner.opinion@gmail.com)

### Requirements:

- Letters should be 300 words or less and typed, or legibly handwritten.
- Include your full name, signature, telephone number and email address for verification.
- We reserve the right not to publish letters; furthermore, all letters are subject to editing.
- Letters must be received no later than Monday at 10 a.m. in order to be considered for publication the following Wednesday.
- If your letter is in response to a specific article, please list the title and date of the article.

### Editorial policy

We encourage the EWU community to submit letters and opinion pieces that conform to the requirements listed above. Opinion articles and letters to the editor do not necessarily reflect the views and opinions of The Easterner, its staff members or Eastern Washington University.

## Easterner Asks: Do you think Cheney should have an organic waste recycling program?



*“Yeah, it would be beneficial because the extra food wouldn’t go to waste.”*

**Alina Rodriguez**



*“It would be good for the environment, but it would be hard to keep up.”*

**Sheyanne Colvin**



*“Managing a recycling program wouldn’t be hard.”*

**Alec Provan**



# Sophomore Sarah Reiter honored by Big Sky

By ELOHINO THEODORE  
senior reporter

For the first time in her collegiate career, sophomore cross-country student-athlete Sarah Reiter was honored with the Big Sky Conference athlete of the week on Sept. 23.

Reiter was recognized due to her performance on Sept. 20 at the Big Sky Cross Country Triangular Meet in Portland, Oregon.



Sarah Reiter

At the meet, she won the cross-country women's 5,000 meter race with a time of 17:42.

For Reiter, who is currently majoring in marketing with a minor in international business, this honor was unexpected.

"I was like really surprised," Reiter said. "I wasn't expecting it, it was a nice surprise."

According to goeags.com, Reiter is currently one of the top runners for the Eagles after a successful first two meets of the season.

"It's going really, really good," Reiter said about her season. "Last year was my first year at Eastern, so then this year I definitely can see that I'm in so much better shape. I've been doing a lot better, [for example] my times, and placing higher."

Aside from the Triangular meet in Portland, Oregon, Reiter was one of the best performers at the Eagles' first meet this season. Back on Aug. 30 at the Clash of the Inland Northwest in Spokane, Washington, she came in third place in the women's 4,000 meter race.

For these competitions, Reiter stays dedicated to training and putting in the necessary miles when running. "I like to keep it fun," Reiter said. "I don't really stress out about it. I just keep having fun and just stay relaxed and that's when I feel like I run the best."

"We run about 70 miles a week," Reiter said. "And then we have like, two to three workouts a week typically, and we have one long run a week too."

Starting the season off with a strong start, Reiter wants to continue to keep competing at a high level. She wants to make an impact at this year's Big Sky Conference Championship in Grand Forks, North Dakota.

"I set a goal for myself to hopefully place in the top ten at that meet," Reiter said.

"You don't have to tell her to do anything twice," head cross-country coach Chris Zeller said. "She's a self-starter and really self-motivated. We have lots of girls that are great at being self-starters, but nonetheless she's a natural leader on the team."

According to Zeller, Reiter has a courteous attitude.

"We had a recruit [last week] and she volunteered right away to be the recruit's host," Zeller said. "She took it upon herself to make that recruit feel really welcome, and that's how she is with everyone on the team."

As a coach, Zeller recognizes Reiter's strengths. According to Zeller, Reiter suffered a bone bruise earlier this fall and she spent twice the amount of time cross-training despite her injury, just to make sure she didn't lose any fitness from not running.

"On the days when she wasn't running, she would do a workout and then cross-train on the recovery days," Zeller said.

Zeller also mentioned one skill that the coaching staff is currently working on with Reiter. "I think speed is something we're always working on a little bit with her."

Reiter describes her passion for her sport and why she competes. "The top five girls on the team score and at the end of the meet you want to have the least amount of points," Reiter said. "That's why I love cross country because it's so team oriented and it's a lot of fun."



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# Eagles sneak a win against Bengals



Offensive line coordinator Aaron Best speaks to players Jerrod Jones, Clay Debord and Mac

Photo by Anna Mills

# Eastern moves to 2-0 in Big Sky Conference

By SAM DEAL  
sports editor

In an up-and-down game, the Eagles were able to leave Roos Field with a victory over Idaho State University, 56-53.

"I tip my hat to Idaho State for what they did. They have come a long way, and they did a great job battling. We obviously have to find some things to clean up," said head coach Beau Baldwin. "I know that was the team that beat Sacramento State by 20, and I am not shocked by how good they were out here on the field. But there are just a few things we have to clean up going forward."

With a score 28-17 late in the second quarter, defensive lineman Dylan Zylstra blocked a punt and recovered the ball for a touchdown.

"Man, was that exciting to see everyone swarming around me. It felt good and then looking at the score, as a defensive guy, [having] impact on it," said Zylstra.

Leading by 18 late in the second quarter, the Eagles were poised to go into halftime in control of the game.

But, as they did the whole game, ISU rallied, taking back momentum after Eastern was penalized for a late hit and roughing the passer on the same play.

"I thought there was a lot of great effort. We just found situations where we were not playing as smart as we can. That is why I find it a challenge," said Baldwin. "We have to play smart, and there were times that we shot ourselves in the foot."

The Bengals would score twice in the next four minutes and entered halftime trailing, 35-31.

The Eagles' defence started the second half stopping the Bengals on their first possession. On the next possession safety Jordan Tonani intercepted ISU quarterback, Justin Arias.

"The guy ran an adjuster and I just jumped it," said Tonani.

After holding ISU to just seven points in the third quarter, the Eagles allowed two scores in the fourth maintaining a close game.

Up by just four points, quarterback Vernon Adams Jr. led the Eagle offense down the field eventually connecting with wideout Cooper Kupp for a touchdown. It was the third time in the game the duo connected for a score.

On that pass, Adams, who battled through a foot sprain most of the game, became the Big Sky Conference all-time leader in touchdown passes with a total of 99.

"He was playing through a lot of pain. It was one of those deals where he was battling through that, and didn't have all his stuff in the second half movement-wise. He still was finding ways to get first downs. He gutted it out, and he made a lot of plays," said Baldwin.

The win moved the Eagles to 2-0 in the Big Sky and 4-1 overall. The team will head back on the road this week traveling to Southern Utah University for a matchup on Oct. 11.



Photo by Ann Mills

Shaq Hill tries to stay inbound on Oct. 4 game against Idaho State University.

## COOPER: CONTINUED FROM FRONT

That was the defining moment that changed my life. I was going to earn everything given to me."

In his freshman season, Kupp recorded 85 catches for 1,567 yards and 21 touchdowns. All three are Football Championship Subdivision records for freshmen, and records that earned him the coveted Jerry Rice Award for the Most

Outstanding Freshman in the NCAA FCS.

Kupp's clear vision of his future goals is what keeps him level-headed and prevents him from getting devoured by the "college life experience." He recognizes that his actions today can affect his future plans in football, and also with his fiancé, Anna Croskrey.

Even though Kupp is just a second year player, his work ethic has already made an impact on the team, and that is what matters the most.

"Coming in I think a lot of people, especially football players, want to have those records that's going to leave a mark here but records are meant to be broken," Kupp said. "Football is the platform. It's something I enjoy doing. I love being an Eagle, but if I can walk across the stage after all this and I can say there have been lives who have changed by the way I've lived my life, how Anna has lived her life, how we lived our lives together, then that's what I want to be remembered for."





Photo by Anna Mills  
The volleyball team celebrates after they score a point during the game against Idaho.

# Eagles fall at home

By FETLEW GEBREZIABHER  
online sports editor

The Eastern women's volleyball team fell short to Southern Utah University and University of Idaho during their two-game home stand at Reese Court on Oct. 2 and Oct. 3.

After being down 2-1 in sets versus Southern Utah, the Eagles would force a fifth frame and eventually fall 15-13 in the final set.

Interim head coach Michael King associated their downfall with their inability to find rhythm offensively.

"We did not win the serve-pass battle tonight. Offensively, I thought we weren't ourselves and we were never able to find our rhythm," said King.

According to goeags.com, junior Allie Schumacher led

the Eagles with 13 kills, hitting .379, and junior Ana Jakovljevic recorded double-figure kills for the third straight match. She finished with 11 kills.

Assistant head coach Janelle Allen echoed King's sentiment. She said the Eagles' service game needed to improve going into the matchup with Idaho the next night.

"Southern Utah was a good serving team, put the pressure on us. So, we just have to clean up our first ball contact and servicing and then go after it a little bit on the serving side as well," she said.

The Eagles were not able to split the home stand falling in three straight sets versus Idaho on Friday night.

Idaho hit .647 in the first set and kept the Ea-

gles to just 10 points in the first frame. The Eagles converted nine errors, according to goeags.com, and the momentum would carry into the next two sets for the Vandals.

The Eagles would get as close as 11-10 in the second frame but were not able to stop the Vandals, who would score on seven of the next eight rallies before winning the frame, 25-14.

For the second straight night, Schumacher led the team with eight kills, with senior Talia Fermantez adding five of her own.

The Eagles fall to 1-3 in the Big Sky Conference and 5-12 overall. They will play their next games on the road at Sacramento State on Oct. 9 and at Portland State on Oct. 11.

# Campus Rec encourages student involvement

By MIKE HANTHO  
staff writer

Eastern Washington's Campus Recreation Department offers many clubs and sports, with a number of upcoming events for students to participate in.

Campus REC has engaged in a new awareness campaign for their sports and events using Facebook, Twitter and Instagram. They have also introduced a new slogan to represent themselves: "What are you doing after class?"

Mike Campitelli has been the director of Campus REC at EWU for 21 years. According to Campitelli, Campus REC has a wide range of sports and events to offer students this fall.

"We offer the traditional sports in the fall and spring, such as flag football, outdoor soccer and softball," said Campitelli. "We also offer basketball, volleyball and indoor soccer for fall, winter and spring."

Some of these upcoming events taking place at EWU include paintball, laser tag, badminton, four-on-four volleyball, three-on-three basketball and Eagle Hold'em Poker.

Campitelli also said that there is one other event that stands out more than the others.

"The Grind" is an on-campus skiing and snow-

boarding event that will take place Oct. 25," said Campitelli. "There will be big trucks that bring in lots of fake snow on JFK field to create an X-games-like event."

Rick Scott, coordinator for the Club Sport Federation at EWU, said that EWU offers these new and different programs to help students become more involved with the school and other students.

"We're always expanding, trying to offer new clubs, sports and events," said Scott. "A lot of the time students don't join because there is a lack of awareness. ... [These] clubs give students the chance to participate with other students in a competitive yet fun and safe environment."

Brian Trabun, a junior, joined the climbing club and is enjoying every moment of it.

"It feels good to be apart of the climbing club," said Trabun. "I have been climbing on and off for three years and last year was my first year on the climbing team. Being on the team really made my climbing ability go up, and I got to meet a bunch of sweet climbers."

According to Trabun, joining a club is an excellent

experience and a great way to meet new people.

"Try as many club and intramural teams as possible," said Trabun. "We had a bunch of beginners on the climbing team last year. Climbing is one of the rare sports where you can be a beginner and still climb with others who are more experienced. This is really one of the best ways to get better at a sport; you have to train with people who make you stronger."

The clubs and sports on campus are coordinated by EWU, but the initial ideas come from the students. As stated by Campitelli, it is the students who can help create fun programs for themselves and others on campus.

"Student feedback is always welcome, and we are open to suggestions for new club sports or events," said Campitelli. "We encourage our students to check our page on Facebook or the school website, and even visit us at the URC. ... There's enough stress from college life, and we seek to provide on-campus opportunities that are fun, memorable and safe."

*"We are open to suggestions for new club sports or events."*  
**Mike Campitelli**  
Director of Campus REC

# Athletic affiliates inducted

By SAM DEAL  
sports editor

The Eastern Washington University Hall of Fame inducted four new members and two teams during the halftime ceremony of the football game on Oct. 4.

New inductees include Judy Crabb, Greg Gavin, Jack Perrault, Janelle Ruen-Allen, along with the 2001 and 2002 volleyball teams.

Crabb has worked as an administrative secretary for Eastern athletics since it first became its own department in 1979 and was a secretary for two years prior.

"To me, I've done my job, but it has been more than a job. It has been my life, but I'm very honored," said Crabb. "College athletics is the best, and to be in it is a privilege."

During Crabb's time at Eastern, only a few teams have been as successful as the 2001 and 2002 volleyball teams, which had a record of 50-8.

The 2001 team advanced to the NCAA tournament after winning the

Big Sky Conference Tournament. They would go on to beat Oregon State in five games, advancing to the second round, where they lost to University of Hawaii.

"That was the hardest working, best all-around skill EWU team ever," said head coach Wade Benson.

In 2002, the team may have been even better and finished the regular season with a record of 29-2, but as good as the team was, it was denied a bid to the NCAA tournament for unknown reasons, a topic that made national news.

"Not getting in was a national topic. It was a travesty, it was sad for those kids because they earned it," said Benson.

Ruen-Allen, who played on both of those teams, is currently an assistant coach on the team and has worked with Benson since she was 16.

She played both basketball and volleyball at Eastern and was named the Big Sky Conference MVP for volleyball in her senior season. She is the only Eagle to have over 1,100 digs and kills, according to goeags.com.

"It is so cool [to be inducted]. What an honor, I'm so excited for the team and getting to see everyone again," said Ruen-Allen.

This year's class was also headlined by Jack Perrault, who led Eastern's basketball team to three NAIA tournaments, even though his career was split during 1942-43 season when he served in World War II.

In 1974, he passed away at the age of 51. Jack Perrault Jr. knows his dad would have been overjoyed to accept this honor from Eastern.

"He would have been thrilled. He loved athletics and everything about them right up until the time he died."

The final member of the class is football center Greg Gavin, who most notably played for the 1967 NAIA runner-up championship team.

Gavin was a two-time All-American while playing center for Eastern. In 2008 he was voted by fans as the best center in school history.

The four new members shared similar sentiments about the exclusive club which they now belong.

"[We are] very blessed, and it is something that will last a lifetime," said Gavin.

*"He would have been thrilled. He loved athletics and everything about them right up until the time he died."*

**Jack Perrault Jr.**  
New inductee

ATTENTION

All Students, Faculty & Staff

SURVEY TIME!

All EWU campus community members will be invited to provide their feedback in the Noel-Levitz Survey(s):

- (SSI) Student Satisfaction Inventory Survey for students 24 years of age and younger
- (ASPS) Adult Student Priorities Survey for students 25 years of age and older
- (IPS) Institutional Priorities Survey for Faculty and Staff members

Watch for your e-mail invitation coming Fall Quarter 2014!

Noel-Levitz

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# THE EASTERNER

Josh Rolfe of the Eastern club hockey  
varsity team sprints in for a play during the  
game against the Selkirk Saints on Oct. 3.  
(Photo by Anna Mills)

