

10-23-2014

## The Observer

Central Washington University

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# The OBSERVER

By the students and for the students of CWU

Online daily, print weekly  
cwuobserver.com



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## REVENGE

Wildcats defeat Wolves  
at Homecoming

PAGE 13

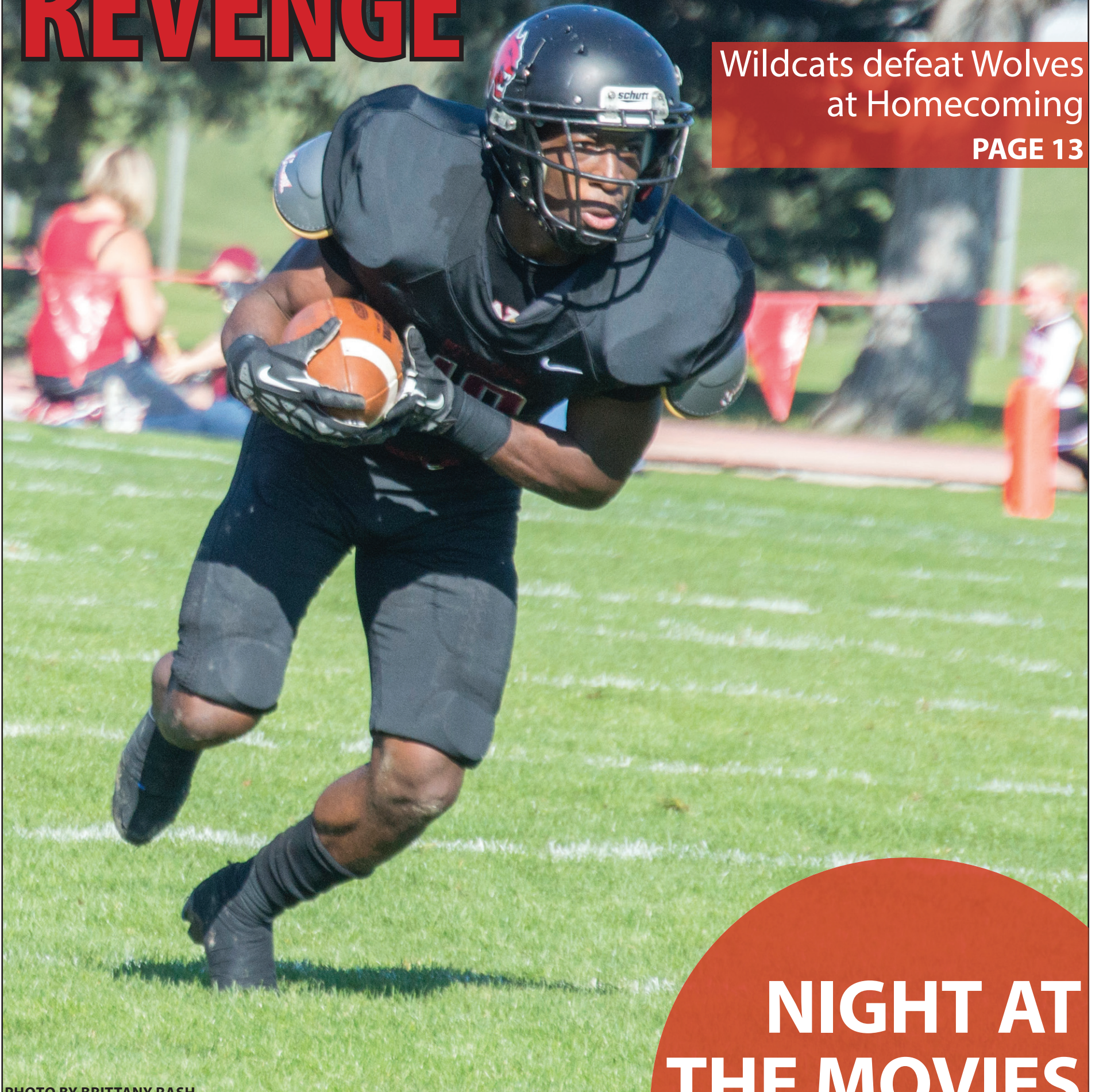


PHOTO BY BRITTANY RASH

## COSTUME CRISIS

Observer staff gives  
Halloween advice  
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## NIGHT AT THE MOVIES

CWU Orchestra performs famous  
film score  
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# State to remove reliance on lottery system

**BY AARON KUNKLER**  
Staff Reporter

Retail marijuana businesses are opening all across the state, as some cities lift their moratoriums.

With this comes concerns and potential decisions which all businesses must face. While marijuana is projected to be highly profitable, inevitably, some business owners may want to get out of retail at some point.

According to Mikael Carpenter, a representative of the Washington State Liquor Control Board, the state will allow business owners to do just that.

“They could sell their business, [but] they can’t sell their license,” Carpenter said.

According to Carpenter, if an owner wants to sell their business, they may sell it to anyone, regardless of whether or not the buyer was involved in the license lottery held earlier this year.

Potential buyers must undergo an assumptions process, whereby they become eligible to legally sell recreational marijuana.

Once the lottery gets sorted out, Carpenter said that it will be shut down.

This would leave the decision of who

gets to sell marijuana in the hands of the existing business owners after all the lottery licenses are filled.

“As soon as we got those licenses issued, it was our intention to close those other applicants out,” Carpenter said.

Washington state is still processing license winners, Carpenter said, and many counties and cities in Washington still have moratoriums in place.

Even cities that don’t, such as Ellensburg, have a limited number of stores operating.

According to Obie O’Brien, Kittitas County commissioner, the city of Ellensburg has two licenses assigned to it.

The only license currently being utilized is by the Ellensburg Apothecary on West University Way, and the other license has yet to be filled.

Within the last week, Roslyn has lifted its moratorium on retail marijuana, allowing licensed business owners to begin the processes of setting up retail stores.

This is good news for some would-be marijuana retailers.

In Kittitas County as a whole, O’Brien said there are 19 addresses listed for possible retail, 10 of which are in Ellensburg, seven in Cle Elum, and two in Roslyn.

However, Cle Elum has said it will not allow recreational marijuana sales, and the city of Kittitas has not yet decided.

These addresses were proposed by individuals hoping to receive authorization to start up a business.



DERRICK CLARIT/OBSERVER

O’Brien said that the law does allow some flexibility.

“My understanding is that the liquor control board will allow applicants to change addresses,” O’Brien said.

While there are already applicants in line from Roslyn, if they are unable to start up their businesses, applicants from other areas in Kittitas County could potentially change their address and attempt to set up there.

The implementation of I-502 is still being worked out, and likely will take

much more time for the regulations to fall into place entirely.

“This whole thing is in flux,” O’Brien said.

As the state works through the legalization process, no doubt Washington’s experience will help serve as a template for future legalization.

Both Alaska and Oregon are set to vote on legalizing and taxing recreational marijuana in upcoming elections, with Washington D.C. proposing decriminalization measures.

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## CORRECTIONS:

-In Issue 3, we published a story which incorrectly stated there was no Greek presence at Central. There is a Greek fraternity on campus known as Kappa Sigma.

-Additionally, we incorrectly related several academic and business-related organizations on campus to Greek social fraternities.

-In Issue 2, we incorrectly identified a Pizza Colin employee as Colin Lamb.



# Ebola: symptoms, stats, safety

BY R. TROY PETERSON  
 Staff Reporter

The 2014 ebola virus disease (EVD) epidemic has been reported in seven countries since its outbreak.

The virus has reportedly infected 8,399 individuals and killed more than 4,500, according to a recent update from the World Health Organization (WHO).

The virus has now been identified in Guinea, Liberia, Senegal, Sierra Leone and the United States.

Celia Johnson, a registered nurse with Central's Student Health, Counseling & Wellness Center, said that there have been no reports of EVD in the Pacific Northwest.

As reported by CNN, WHO recently announced to news outlets that if the EVD epidemic isn't contained, it could reach anywhere from 5,000 to 10,000 new cases per week by the end of 2014.

Central biology professor Holly Pinkart's research focuses on microecology, looking at bacteria and viruses and their interactions with each other and the environment.

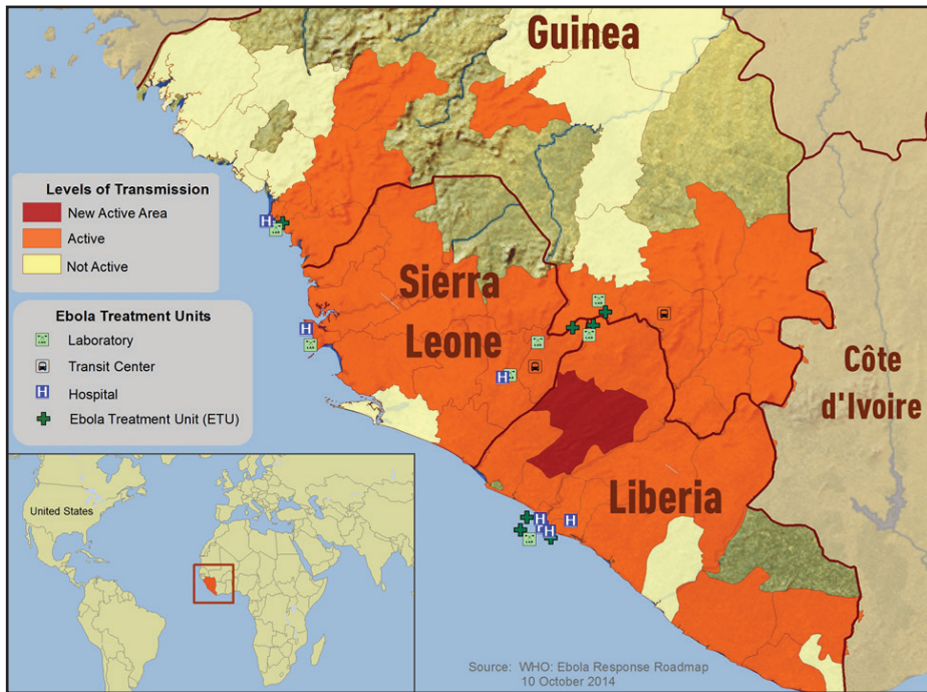
Pinkart will be giving a talk about EVD this Friday. She said that while EVD replicates similarly to the influenza virus, it can infect a wider range of cells.

"All viruses need to bind to a receptor on a cell, and then that triggers their update," Pinkart said. "The receptors that EVD uses are present on lots of different cells, and it appears that they actually have two different entry strategies."

The American Center for Disease Control and Prevention (CDC) has reported that three cases have been confirmed in the United States.

The first patient with EVD to be confirmed in the United States was diagnosed on Sept. 30 and died on Oct. 8.

According to a recent CDC press release, the patient traveled by air from



WORLD HEALTH ORGANIZATION

Liberia the day before he first reported symptoms.

The CDC website says that it will begin enhanced screening for entry at five U.S. airports which receive travelers from the affected West African countries.

Although EVD is contagious through direct contact with body fluids, it is easily isolated. Johnson also said that the viral load is a big determinant in how contagious a person may be.

"Ebola is a scary thing," Johnson said. "But it is relatively hard to get."

According to the CDC, people infected with EVD are only contagious once they begin to show symptoms. The CDC also says that the virus is not likely to be transmitted through dogs or cats.

Pinkart said that in experiments in which Ebola particles were introduced to a pig through its eye, it was determined that 400,000 particles were required for

the virus to successfully infect the animal. She said that this is known as the minimal infectious dose.

Pinkart said that pre-existing factors in West African countries should be considered when comparing outbreaks there to cases in the United States. She said that such factors set the stage for an infectious disease which is difficult to control.

"To put it in context for that region, before the outbreak, Guinea had the fewest number of [hospital] beds per capita in the world," Pinkart said. "Liberia had one doctor for

## Infections by country

United States - 3  
 Liberia - 4,249  
 Sierra Leone - 1,352  
 Guinea - 1,472

Center for Disease Control; Oct. 18, 2014

## Confirmed deaths

United States - 1  
 Liberia - 2,458  
 Sierra Leone - 1,183  
 Guinea - 843

Center for Disease Control; Oct. 18, 2014

every 71,000 people. And Sierra Leone had the lowest life expectancy, globally."

When people in those countries would go to the doctor showing signs of EVD, they would be sent back home. This in turn allowed the virus to spread, Pinkart said.

Recently, a study by Charles N. Haas suggests that a 21-day observation for suspected EVD patients may not be sufficient.

Haas wrote in the conclusion of the study that the cur-

**“Even with the breaches in protocol, there is a very, very, very small risk of a problem. Although breaches happen, we do know how to contain [ebola].”**

**-Holly Pinkart**  
 Professor, Biology Department

See 'Ebola' p.5

# Ferguson addressed in Ellensburg meeting

BY HALEY CURL  
 Staff Reporter

In light of the events in Ferguson, Mo., residents of Ellensburg convened during a town hall meeting, discussing everything from racism to police-community relationships.

"Racism is the belief that I can tell something about your potential capacities, based on your outward characteristics," Nelson Pichardo-Almonzar, professor of sociology, said. "It means you don't like somebody based on their group assignment."

Pichardo-Almonzar said that, though racial conflict is common, heated interaction is never a random act.

"All ethnic and racial conflict is driven by the conflict of resources," Pichardo-Almonzar said. "If you don't have anything, I don't give a shit about you; stay where you are. But if you've got a gold mine on your land... I want that gold."

Pichardo-Almonzar related this observation to the recent shooting of Michael Brown in Ferguson, Mo. He said that even among these social groups, there is a resource to be fought for.

Pichardo-Almonzar said that the resource being fought for in Ferguson's case could be anything from the right to vote,

to simply not being harassed by the police.

"What people want," Pichardo-Almonzar said, "is the right to live their lives the way that they want to... peacefully."

On Wednesday, Oct. 8, 2014, Central hosted a town hall meeting to address the rising tension regarding the Ferguson case.

The militant tendencies of the police force in Ferguson have brought up concerns regarding police brutality.

"Racism happens all the time," said Central diversity officer Veronica Gomez-Vilchis. "It can happen on campus. It can happen in town. It can happen anywhere."

Gomez-Vilchis said that every individual is biased. Each person has certain habits and judgements that are made, but it is how a person reacts to a situation that matters in the end.

"If you act on that bias," Gomez-Vilchis said, "you've just discriminated against that entire population and you can't take it back."

She also said that media plays a large role in the stereotypes we perceive. Without education and exposure, some communities only see their ethnicity from the viewpoint of the media.

Others have the media as their most readily available source of information, and what they see is what they believe is true.



PHOTO ILLUSTRATION ALYSSA DARBY/OBSERVER

"How do you think it would feel, for kids, to see that their ethnicity is always portrayed in a bad light?" Gomez-Vilchis asked. "They see it. They get fed it... so eventually they go down that road."

Pichardo-Almonzar said that, though it should be, credibility in media is not reliable in every medium.

"The media is presenting this in contrasting ways. If you watch MSNBC, Michael Brown is a poor victim of police brutality. If you watch FOX, Michael Brown

was a criminal, who shouldn't have drawn the attention of the police," Pichardo-Almonzar said, regarding the Ferguson case.

During her work with Bridges, a social outreach project, Gomez-Vilchis encouraged all age groups to question the information found in the media, and to look to multiple news sources for information.

"It's all about ratings. It's all about bringing in money," Gomez-Vilchis said. "Don't believe the media; you don't have to be what they say you are."



# The financial truth of partying

BY RASHAY READING  
Staff Reporter

It is difficult to walk near the Central campus on a weekend and not hear the sounds of students throwing parties.

And although two-thirds of Central students choose to take part in festivities, it is less frequent than people think.

Doug Fulp, health educator at the Wellness Center, said that Central has a 1 to 2 percent higher rate of students who choose not to drink, compared to the national average.

About 80 percent of Central students receive financial aid every year to help pay for their education, and some of that money is dispersed to students every quarter for personal use.

For those two-thirds of students who choose to be a part of the party scene, that leftover financial aid money is fair game to be used to buy alcohol or other substances.

What many of these students don't know is that spending money on drugs and alcohol—any money, not just financial aid money—can cause a great amount of future financial trouble.

“Long term use of any substance can develop into addiction,” Fulp said, regarding whether or not students understand the financial costs of partying. “That becomes where it starts taking over, it takes priority over things, and financials is one of those things.”

Chris De Villeneuve, the executive director of the Student Medical and Counseling Clinic, said that students who spend a lot of their time using drugs and alcohol need to get their priorities straight.

“One, figure out what your priorities are, and two, if you're spending more time getting high or drunk, or dealing with the consequences of those things, then it's becoming a problem,” De Villeneuve said.

As an example of what an average house party might cost, two off-campus students, who wished to remain anonymous, explained an average weekend of partying for them.

“We probably spend about one hundred dollars for just one night... for a weekend, probably two hundred or three hundred.”

Additionally, he students said they have spent their entire financial aid checks on

throwing parties.

The future all depends on how you spend your money, whether it be responsibly or not. Fulp has some advice to students that are having trouble spending money in a responsible manner.

“Most college students are limited on money, I think the thing is to look at

the long term impact. It's the idea of setting a long term budget and understanding. Figure it out well ahead of time, and set limits,” Fulp said.

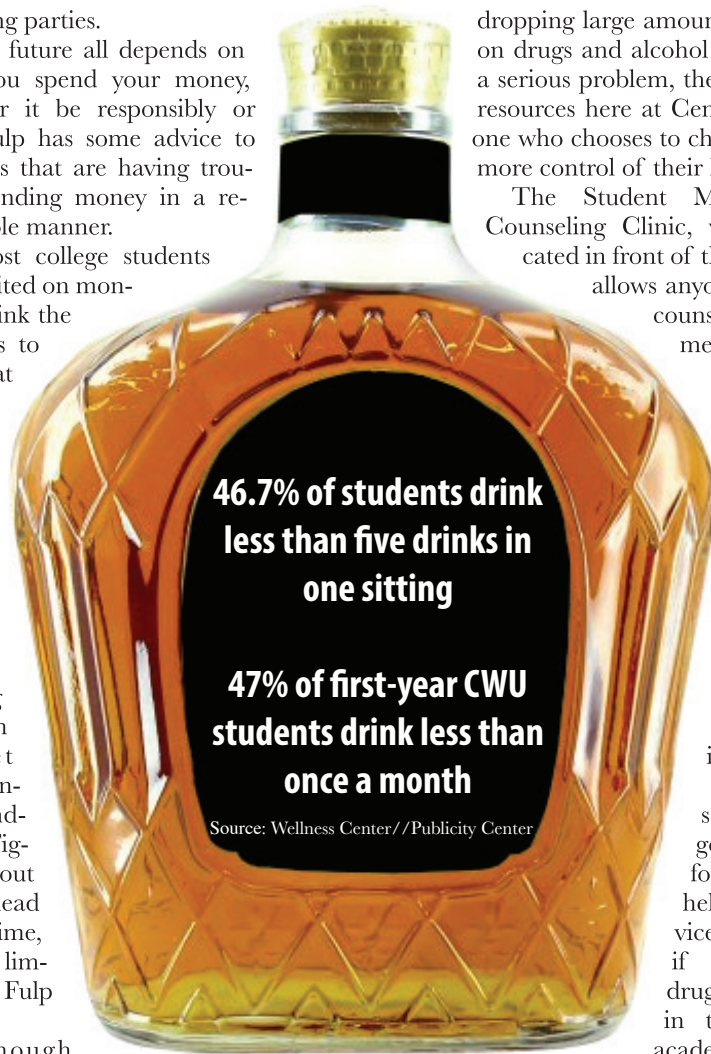
Although

dropping large amounts of money on drugs and alcohol can become a serious problem, there are many resources here at Central for anyone who chooses to change or gain more control of their habits.

The Student Medical and Counseling Clinic, which is located in front of the Bassetties, allows anyone to talk to counselors, or get medical help.

There is also the Wellness Center in the SURC, where students can talk to someone, get advice, help with issues and information.

An advisor is also a good resource for getting help and advice, especially if alcohol or drug abuse gets in the way of academics.



“Long term use of any substance can develop into addiction. It starts taking over, it takes priority over things, and financials is one of them.”

-Doug Fulp  
Health Educator, Wellness Center

## The OBSERVER

by the students & for the students of CWU

### Who gets breast cancer?

Anyone can get breast cancer. For example, did you know...

- The older a woman, the more likely she is to get breast cancer?
- Young women can get breast cancer, even in their 20s?
- White women are more likely to get breast cancer than women of any other racial or ethnic group?
- African American women are more likely to die from breast cancer than white women?
- Men can get breast cancer? Out of every one hundred cases of breast cancer, one will occur in a man.

### Early detection saves lives.

The five-year relative survival rate for all women with breast cancer found at a local stage (cancer that has not spread) in the U.S. is 99 percent, 84 percent for regional disease and 23 percent for distant stage.

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# No late night bus Drunk bus will not make a return

BY COOPER WORTLEY  
Staff Reporter

A few years ago, Central ran a late night transit bus downtown to pick students up from the bars. This was done to discourage drunk driving, as well as to protect homeowners from any destructive people walking through the residential streets late at night.

Ellensburg residents have been asking to bring back the program due to the increase in vandalism and noise complaints.

"I just wanna be able to sleep again," an anonymous homeowner and Central alumni who has had first hand experience with intoxicated students said. "I loved the drunk bus, it gave me a safe way to get home, and got kids off the street."

The disruptions have gotten to the point where some community members feel they must put out cameras to protect their property and families.

"This is a big problem that needs to be addressed," the anonymous homeowner

said.

So far it hasn't been. After talking with Campus Police about bringing back the "drunk bus," the anonymous person was told that it was too much of a liability to the school and would not be brought back to Central.

Executive Vice President of Student Government Nick Shuey said that he had no comment on the situation.

"A bus would be so helpful and would save many kids from DUIs or worse," said junior Caity Day.

Without the bus, intoxicated students are left with only two safe choices: take a cab, or walk. Many students choose the latter, which can lead to noise complaints and vandalism.

Without the drunk bus, students trying to get home from the bars will need to find a safe alternative way of getting home, such as having a designated driver or taxi pick them up.

The anonymous homeowner urges students to remember that "a little courtesy goes a long way."

**"I just wanna be able to sleep again. I loved the drunk bus, it gave me a safe way to get home, and got kids off the street."**

**-Anonymous**

**Ebola from p.3**

rent 21-day observation period was based on reasonable interpretations of data from early outbreaks.

"In previous outbreaks, the rate of infection, or R0, was calculated at the end of the outbreak to be 1.8," Pinkart said.

The R0 for the current outbreak may be different, according to Pinkart.

"You had people that were taking a lot of precautions," Pinkart said. "You had one infected person that infected at least two other nurses, and that was with a fair amount of protection."

This increased rate of infection may be due to either a mutation of the virus, or the simple fact that this EVD may be a different strain than the previous outbreaks.

"The R0 may be a little bit higher for this strain," Pinkart said.

It is not known if humans can be carriers for the virus, Pinkart said. After a 1995 outbreak, scientists began searching for organisms that may act as natural reservoirs for the disease.

Although everything from insects to plants were tested, Pinkart said that ultimately only fruit bats were determined to be able to safely host the virus.

Pinkart said that it is unknown whether humans may act as a carrier for the virus, but did say that it was unlikely due to the nature of the disease and the human body's immune response.

Although accidents have occurred, authorities have a very good handle on containing the disease. Senegal, which recently reported a case, just announced

## Symptoms of Ebola

- Fever
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Abdominal pain
- Unexplained hemorrhage

Source: Center for Disease Control

itself EVD-free.

Johnson said that the best way to combat EVD is through public education and an understanding about the situation.

"You want people to be knowledgeable, always," Johnson said. "But [you] want them to have the correct information so they can make good choices."

According to the CDC, Pinkart and Johnson, there is little to no chance of catching EVD in the United States.

"Even with the breaches in protocol, there is a very, very, very small risk of a problem," Pinkart said. "Although breaches happen, we do know how to contain this."

According to the WHO, Nigeria has been declared EVD-free after 42 consecutive days without detected cases.

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## The scariest costume of all



BY FORREST HOLLINGSWORTH/COPY EDITOR

Last week, I went to the temporary Halloween store downtown and I bought a Big Bad Wolf costume. It's harmless to anyone who isn't allergic to latex and it's scary enough for me.

While I was there, I noticed even bigger, badder and scarier costumes: "Voodoo Priestess," "Native American" and even worse, "Indian Headdress."

The scariest Halloween costume of all, is casual racism.

It's bad enough that the "Indian Headdress" costume was the stereotypical feathered band that nearly all Indigenous people characters in films inexplicably wear. In reality, only a handful of tribes wear them.

But the person posing on the costume wrapping? White, grinning and donning a culture that does not, and never has, belonged to them. A culture that their ancestors had a big part in almost completely destroying.

That's history. That's fact. That's just the tip of the iceberg, too.

There will be people this year on social media wearing blackface and "dressing up" as Trayvon Martin or Michael Brown. And it happens every Halloween.

Again and again, we'll see the same classic arguments from the handbook of casual oppression and bad taste. Never mind the impossibility of "making light" of the death of over one hundred million Indigenous peoples at the hands of white colonists, because you'll see someone try to justify their costume that way.

Possibly worse than that, however, are the people who say it's "just a costume." No, it isn't. It's a culture. It's a culture that doesn't belong to you, it's a way of life. Those headdresses, beads and patterns have deeply personal and symbolic meanings to entire tribes, communities and peoples.

They are not just designs, they are not just costumes.

It's no different than a non-Christian dressing up as the crucified Jesus. These things are sacred and their history has already been tarnished and appropriated badly enough by historically white oppressors. Don't make it worse. Most of those costumes are cheaply made and played out anyways.

It's not the responsibility of a historically oppressed person to say something is racist. It's the responsibility of the majority to avoid it in the first place. Areas of low income and high violence in the United States are oftentimes a direct result of gentrification and high-income influence on other areas.

Over 90 percent of the Indigenous people population was killed during European colonization of Northern America. History may belong to the victors, but so does the shame of what they did to win. There is no good, appropriate or right way to celebrate that shame for good reason.

If and when you go shopping for your costume, think first. Cultures are not costumes. There is no good way to parade around for a night of spooky-tinged debauchery in someone else's real life history.

# Costuming on a budget



BY MARIA HARR/ASSISTANT SCENE EDITOR

There are so many things you would love to dress up as this Halloween, but how do you decide? How do you afford it? How do you put it all together?

Important questions, all of them, but don't burst a blood vessel trying to decide. Take a seat, we're going to figure this out together.

Deciding on the costume you're going to make isn't just about what you want to be. There's your budget to consider, as well as the amount of time you're willing to invest in costume creation.

First, evaluate your costume budget. If it's immeasurably small, you're going to need more time to be creative and search for cheap solutions. Higher budgets will give you more leeway, but don't break the bank. You can have dinner tonight and still make a fun costume, trust me.

For the sake of none of us skipping a meal, I'm going to assume the budget is around \$10.

Make a list of uncomplicated costume ideas. Don't limit your imagination to people alone. Think anything humanoid, like aliens and monsters, along with anthropomorphic characters from animated films and TV, like talking furniture or animals. Some of the funniest and most creative costumes out there are abstract concepts and ideas.

Go ahead and make a long list. The more possibilities on your list, the easier it will be to find one that will work out inexpensively.

With your list complete, go through it and identify the most recognizable, important parts of the costume.

For example, think of the character Django from the 2012 film, "Django Unchained." The round sunglasses, beard, green jacket, scarf and cowboy hat he wears on the film's posters stand out the most. Wearing items similar to those would tip people off to your costume choice. The closer you can get to the original, the better. Just please, no blackface.

Next, raid your closet with your costume list in mind. Update your list to reflect what items you've already got covered, from the identifiable parts to the plain ones, like pants and underclothes. Focus on the costumes you have more pieces for from now on.

Before you head to the thrift shop to complete your outfit, let your friends in on your plans. Not only can they look through their own closet for pieces you can borrow, but they may even decide they want to join you.

Once you've exhausted all your free resources, it's time to go shopping. If you can't leave Ellensburg, don't get your hopes up for a lot of thrift store variety. Goodwill is very limited, and while Vintage Shop on N. Pine Street has more, it's also a little more expensive.

Don't despair if you can't find everything. Cheap clothes from Goodwill can be modified. A few stitches here and there, cheap dyes or some well placed daubs of hot glue can work wonders.

If you don't have sewing equipment or a hot glue gun, ask your crafty friends if you can use theirs. Just don't expect them to provide supplies like thread or glue sticks. They're also likely making a Halloween costume.

Whatever you do, don't ask them to



PHOTO COURTESY OF JOSH TOTMAN

make the costume for you for free. That gets old really fast.

Make sure you don't neglect recognizable aspects of a costume in favor of small details. Keep it simple, keep it cheap. With extra time or left over funds you can add the details.

Remember: similar clothing designs, colors or hairstyles can often make your costume completely recognizable despite little else looking like the character.

Almost everyone will know you're Elsa if you've got a thick braid, blue dress and shimmering cape, even if your hair is black and your dress is the wrong shade of blue.

It's not worth worrying about people not understanding your costume if you're having fun in it.

If you don't have the time or the money to make your own, consider asking around for costumes you can borrow. Some people save their costumes from previous Halloweens and parties. If it fits, I wears! Or something Internet cat meme like that...

Worst case scenario, you can fall back on the classic, ooey-gooey, entrails-draggin, blood-dripping zombie.

There are many detailed tutorials online that use cheap materials to create creepy special effects.

Get black and red food dye, toilet paper or cotton balls, non-toxic white school glue, makeup and clothes you don't care about to be an economical, yet sophisti-

cated, zombie.

Toilet paper and cotton balls with school glue can be used on the face, neck, shoulders or arms to create gory effects like bite marks, ripped skin, gashes or burns. Blend the edges into your skin then cover with makeup and blood.

Whoa, whoa, I meant fake blood! Only fake blood. Unless you've got some extra on-hand... Still joking guys, fake blood only.

Add coffee grounds to fake blood for gory texture, as if it's a chunk of brains or flesh. Mix the black and red food dye and swish it in your mouth to stain your teeth and mouth dark red. Or use pure black to give it a nasty, aged look. The food dye may stain your mouth for a day or two afterwards.

Most fake blood will stain fabric; keep it away from anything you don't want bloody. Make sure when you're splashing fake blood on your clothes that you also get the skin near the splash zones. There's nothing stranger than seeing a blood stained T-shirt and completely clean arms. Don't limit yourself to just white shirts and dresses either. Any light colored clothes will make the splatters stand out.

For extra effect, carry some gooey looking body parts or pair up with someone dressed as a zombie apocalypse survivor.





RILEY ELLIOTT/OBSERVER

**IN TUNE** The Pop's Concert on Oct. 29 will be the first performance that is led by graduate student conductors from the CWU Orchestra instead of a professor.

# Orchestra takes CWU to the movies

## Pops Concert features music of Oscar-winning composer John Williams

**BY MORGAN GREEN**  
 Staff Reporter

For the annual Halloween Pops Concert, the Central Symphony Orchestra is celebrating the musical talents of Oscar-winning composer, John Williams.

John Williams is a famous composer known for producing memorable scores for films such as "Indiana Jones," "Schindler's List," "Stars Wars" and "Scent of a Woman."

"John Williams' music is the reason why the movies are so successful," Nikolas Caoile, director of Orchestral Activities, said.

The 80-person symphony will be playing pieces from many of John Williams' famous scores.

For the first time, a trio of Central orchestral graduate students will be the only conductors of the concert, breaking Central music department history. In all of the previous concerts, there has been a professor conducting.

John Williams' compositions have won him five Academy Awards, 17 Grammys, three Golden Globes and two Emmys.

More of his original works include blockbusters like "Jaws" and "E.T. the Extra-Terrestrial." He has composed music for nearly 80 other films.

Williams' musical talent is not just focused on movies. He has also composed music for the NBC News and four Olympic Games.

"One of the greatest composers and conductors of our time," Sam Booth, a graduate student in orchestral conducting, said about Williams.

Booth will be leading the orchestra through two of the five "Star Wars" movements.

Caoile said the trumpet section will

**Pops Concert**  
**Where:** McIntyre Music Building Concert Hall  
**When:** Oct. 29 @ 7 p.m.  
**Price:** \$10  
**More info:** <http://www.cwu.edu/music/event-tickets>

have a very key part in the performance because they often carry the melody in the pieces. He said it will be very "loud and satisfying" and often times "bombastic."

One piece featured in the performance will be a violin solo from "Schindler's List." Denise Dillenbeck, Central violin instructor, will be performing the solo, which has been described as haunting and beautiful.

"The music is captivating, engaging and exciting," Caoile said.

Williams' movie scores have inspired many musical minds over the years and in particular, Caoile's.

Caoile was inspired by a program performed by the Oregon

Symphony, which also performed Williams' music. The Seattle Symphony also did a similar program called "Maestro of the Music."

On top of performing the Oscar-winning music for the concert, the musicians will also be dressing in formal attire, as if they are attending The Oscars.

The orchestra is plans on dressing up in order to respect the music of Williams.

"We thought elegant would be better," Caoile said.

Audience members are also encour-

**"I hope [that students] come and enjoy our 'Night at the Oscars' just as much as we've enjoyed preparing it."**

**-Alisyn Christensen**  
 graduate conductor



RILEY ELLIOTT/OBSERVER

**REHEARSAL** Williams composed the scores for "Star Wars" and "Indiana Jones."

aged to dress in their best Oscar attire.

Booth said he loves being up on stage, conducting the orchestra filled with so many talented students. Booth is very proud of the orchestra and says that they are a really good symphony, probably one of the best he has seen in the last four years.

The Pops Concert is also a fundraiser

for the Central Symphony Orchestra.

The proceeds from the tickets are used to buy new music, host guest artists and help support the orchestra when they tour.

"I hope [that students] come and enjoy our 'Night at the Oscars' just as much as we've enjoyed preparing it," Alisyn Christensen, graduate conductor who will be conducting three pieces, said.



# Biology Club slithers to Boo Central

BY KALA TYE  
Staff Reporter

Biology Club President Sabah Shrinzada and Vice President Andrew Mason are trying to bring something different to the children attending Boo Central this year: an interest in biology.

Boo Central is a Halloween event, where clubs set up booths with activities and pass out candy to the children that attend.

“It’s a fun way for students and family to trick-or-treat on a college campus,” Jennifer Nelson, senior early education major and event planner for Boo Central, said. “It’s a safe and warm environment, and it’s nice for parents to just be able to come here and not worry.”

Every year, The Biology Club has displayed several reptiles and allowed children to handle them. This year, the club added a corn snake, red-tailed boa and a ball python to their collection.

In addition to the reptiles, Shrinzada and Mason plan on handing out plants called brassica, or “fast plants,” to the trick-or-treaters. Brassica plants are small, long-stemmed plants that produce yellow flowers and have a short growth cycle.

“They’re small plants, easy to take care of,” Mason, senior biology major, said. “They’re not the longest-surviving plants, but they live long enough for you to see them flower, bloom, and kids get a little experience taking care of their own plant.”



SUSIE COMYNS/OBSERVER

**EDUCATIONAL FUN** The bio club hopes this event will peak children’s interest.

According to Mason, the club’s goal is to get more kids interested in science. The Biology Club also wants to fight the stigma that snakes are dangerous and show children that not all reptiles are threatening.

“Some of those kids get really excited. They just run up to us,” Shrinzada, senior biology major, said, “But there’s still those who are shy or scared of them, and those are the kids we wanna tell ‘hey, these aren’t just scary animals, you can pet them.’”

Mason and Shrinzada believe that an early interest in science is important for

children because science is an ever-growing field, yet schools may be lacking in science courses that hold children’s interest.

Mason had no interest in science until he came to Central and took Bio 181 and Chem 181, which had labs that required hands-on work.

“It really opened up new doors, and that’s one thing. Looking back in high school, it’s a huge shame that they didn’t push that,” Mason said.

Shrinzada didn’t have a strong science

## Boo Central

**Where:** SURC Ballroom

**When:** Oct. 31 @ 5-7 p.m.

The event is free

background before Central either, due to the fact he lived in New York City, where nature wasn’t readily available in the densely populated area.

It wasn’t until he moved to Washington that science became interesting for him.

“I want the kids here to experience what I didn’t experience as a child,” Shrinzada said.

The Biology Club occasionally gets emails from parents thanking them for letting the children hold snakes.

“We once got an email that said, ‘My kid came to your event and he wants to grow up and do biology now,’” Shrinzada said. “Those kinds of things make you feel good, like you did a good job.”

The Biology Club is also currently pushing for higher membership so that they can help out the local community with volunteer projects that include going to schools and giving lessons about the reptiles.

“When people think Biology Club, they think only bio majors,” Mason said. “You don’t have to be an actual major; you just have to have an interest.”

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# Gamers gather for championship

BY MARIA HARR  
Assistant Scene Editor

The lights go down and there's a palpable change in the air as the video stream comes up. Sound begins to play and cheers go up from the crowd of watchers. Excitement begins to build as the commentators describe the two teams about to face off in the 2014 League of Legends World Championship series.

On Oct. 18 Korean team, Samsung White (SSW), took home a \$1 million prize and bragging rights for life after beating opposing Chinese team, Star Horn Royal Club (SHR), in a best-of-five series.

The World Championship was played in Seoul, South Korea, but hundreds of thousands of fans from all over the world, including Central's club, CWU LoL (League of Legends), watched live from streaming services such as Twitch.

CWU LoL decided to host a free on-campus event in Black Hall on Saturday at 11:30 p.m. to watch the championship live from Korea.

"It's basically like a big sporting event, but for people who enjoy these games," Jacqueline Hendrickson, junior law and justice major and the CWU LoL president said. "It's kind of like the Superbowl for e-Sports."

E-Sports are organized video game competitions, sometimes on an extremely large scale, like the LoL World Championship. Hendrickson said that unlike the limited range of the NFL's Superbowl, E-

Sports reach across borders.

"Instead of it just being America [...] it goes beyond that and it includes the entire world," Hendrickson said.

League of Legends is currently one of the most popular video games in the world, with an estimated 27 million people playing it every day.

The announcer for the championship started his opening speech in Korean, but finished off sounding like a wrestling announcer. "Are you ready to dig in?" he said, to shouts of "Yes!" from CWU LoL. After a pause he continued, "Are you sure?"

The viewers' cheers and laughter mingled with the roar of the 40,000 fans attending the live event in Seoul as the first game of the night started.

The winners would be determined by the best of five games; each game is won when the opposing team's base is invaded and their "nexus" is destroyed.

SSW dominated the first game, despite SHR making the first kill only one minute and 20 seconds into the game. Fans of SSW in the room shouted the team on as they pushed into SHR's base and destroyed their nexus 24 minutes in.

The second game started slower, but soon the energy ramped up as an SHR player attacked SSW, preempting a team fight that ended in almost every player being taken out. A collective yell erupted from the crowd as champion after champion fell. SSW won the second game in under 30 minutes.



COURTESY OF TWITCH INTERACTIVE

**LEGENDARY** Samsung White won the League of Legends World Championship.

During a short commercial break before the third match, fans at the LoL event stood up, mingled and discussed their predictions for the rest of the championship.

"Korea, 4-0, just like last year," Jon Garza, senior studio art major, said. "Skill-wise, they're more experienced."

Mike Millard, senior math major, thought SSW would win, but predicted SHR would win at least one game in the series first.

"They're going to pull something out that Samsung White hasn't seen yet," Millard said.

SSW's utter domination of SHR in the prior games seemed to secure their win until SHR made a hard push and, with an explosion of noise from the crowd, took out SSW's nexus.

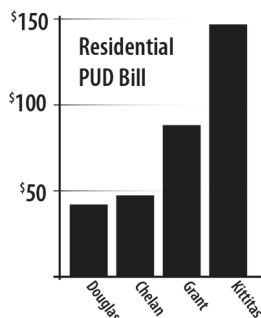
The fourth match seemed decided, however, when SHR made an ill-advised move against SSW. The energy level spiked (0 minutes into the game) with SSW strong-arming their way into SHR's base for a decisive victory.

The CWU LoL gave SSW a standing ovation, clapping and cheering. SSW clinched the series 3-1 and won \$1 million.

## - ATTENTION VOTERS -

Washington State has 21 Public Utility Districts (PUD) that sell electricity. Kittitas PUD has the highest residential rates of all PUD's. Results from the Kittitas PUD Financial Statement 2013:

Overall Operating Revenue	9.18 cents/kwh
Overall Operating Expense	7.34 cents/kwh
Residential Revenue	10.08 cents/kwh
Small Commercial Revenue	9.02 cents/kwh
Irrigation Revenue	8.98 cents/kwh
Large Commercial Revenue	6.83 cents/kwh



### Pat Kelleher for Kittitas PUD Commissioner, District 1

As a Kittitas PUD Commissioner I will vote for a simplified rate structure where the kilowatt hour and demand charges are the same for all Commercial and Residential customers. This will eliminate the special rate of 4.80 cents/kwh for sales over 20,000 kwh per month. An example of the simplified rate structure is available on the Douglas County PUD website.

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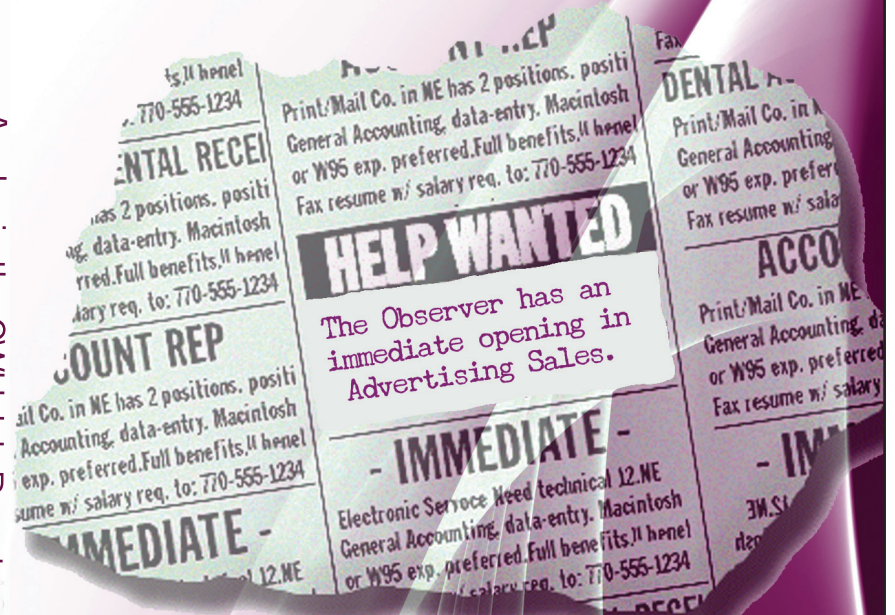
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BRITTANY RASH/OBSERVER

**RELAXING** A New You is a new holistic health center that offers alternative forms of therapy through low-impact exercises, massage therapy and therapeutic oils.

# Getting in touch with A New You

Central alumna and Ellensburg nurse opens alternative health business

**BY CASSIDY WARNES**  
Staff Reporter

Having struggled with chronic pain and anxiety for years, Jaquelyn Ruth understands the negative physical effects that stress has on the body.

Ruth has now found a place of peace and comfort after the recent opening of A New You, a holistic center in downtown Ellensburg, owned by Central alumna Cathy Caraway.

A New You practices low-impact exercise and massage therapy to reduce the stress, aches and pain of everyday life.

“People think when they hear about holistic centers that it’s just hocus pocus, but it’s really not,” Ruth, the receptionist at A New You, said. “It’s all physiological.

It’s all tangible. It gives you the chance to step out of the normal world and just relax.”

Caraway works as a nurse in Ellensburg and graduated from Central with a bachelor’s in public health. Seeking to find a better quality of life and healthy alternative to stress reduction for local residents, Caraway opened A New You.

“When I was in school, I realized a lot more could help people than pharmaceuticals,” Caraway said. “So many people are on medication. It’s time to find different alternatives to find happiness.”

After suffering from a serious back injury, Caraway realized the difficulty and pain of physical therapy. Looking to find a way to relieve her pain, Caraway stumbled upon toning tables, a passive range of motion machine that stimulates circulation

## A New You

**Address:** 111 W Tacoma St

**Hours:** Mon-Fri 9 a.m.-6 p.m.

**Email:** CathysNewYou@gmail.com

and moves the body.

Dedicated to the stress-free, sweat-free exercise circuit, A New You is the only business in Central Washington that offers toning tables.

“People have lost inches by using these tables,” Ruth said. “It’s not just relaxing for the time in here, the effects and results stay with you.”

The machines naturally contort the body to stretch muscles without pain, improving flexibility and blood circulation while detoxifying the body. Caraway says these alter-

native exercises relieve pain from health concerns such as arthritis, fibromyalgia, osteoporosis and diabetes without increasing the heart rate or blood pressure.

Combined with the principles of physical exercise and flexibility, these toning tables increase body tone without adding muscle strain and fatigue.

Caraway is a passionate advocate for therapeutic oils, which she uses during her sessions. Caraway and associate, Wendi Hembree, offer free weekly educational classes for alternative health care with medicinal essential oils.

“So many people are on medication. It’s time to find different alternatives to find happiness.”

**-Cathy Caraway**  
A New You owner



BRITTANY RASH/OBSERVER

**THERAPEUTIC** Caraway graduated from Central and is a licensed practical nurse.

The oil scents include citrus and peppermint, and Caraway says they are used for different medicinal purposes to increase the immune system and prevent stress.

“Diffusing these oils for 20 to 25 minutes daily helps the body fight off the flu and bacteria,” Caraway said. “These oils can be digested into the body by inhaling, swallowing or absorbing through the skin. For college students, if you put the peppermint oil on your temples before a huge exam, the oils help circulate oxygen in your brain. It’s very beneficial.”

A New You also offers red light therapy treatment that reduces skin conditions like eczema, pigmentation spots and wrinkles.

By mistake, Caraway purchased a red-light therapy skin treatment bed thinking it was a tanning bed. Much to Caraway’s

surprise, the red-light therapy bed uses light with no harmful UV rays.

According to Caraway, the infrared light promotes skin cell and collagen production to improve overall skin tone. The staff has seen significant results in only 1-2 sessions with clients suffering from extreme eczema.

“Everyone [who] has been in has loved the options,” Caraway said, “but business in Ellensburg is a process to get a new business going.”

The staff of A New You is excited about the increasing flow of clients exploring holistic practice. Caraway, Ruth and Hembree are passionate about educating Ellensburg on the benefits the practice.

“It’s time for people to get on the right track,” Caraway said. “Breathe in life, exhale stress.”



# Migration theme inspires poetry

BY BRITTANY ALLEN

Staff Reporter

Last Thursday, when the Museum of Culture and Environment in Dean Hall celebrated their fifth anniversary and opened their “Migration, Now” exhibit to the public, they also gave students a new source of inspiration for students of the professional and creative writing program.

The most recent project for Central English Professor Xavier Cavazos and his ENG 365 poetry writing class has been focused on the artwork of the “Migration, Now” exhibit.

The assignment that Cavazos created requires students to pick a piece from the display and write a poem in the voice of that piece.

“From a pedagogical perspective, it’s really important that poetry students start to speak in voices that aren’t their own,” Katharine Whitcomb, poetry curator of the museum and English professor, said. “To get out into the world and look at things and imagine themselves in different

situations and themselves in different contexts besides the ones they find themselves in every day.”

The assignment got somewhat mixed reviews from students of Cavazos’ class. Some students have appreciated the challenge, while others found it difficult to personally connect to the art of the exhibit.

“I thought it was a good first exercise for our first poetry class,” Laekin Dunoskovic, senior professional and creative writing major, said. “It seemed to help students who weren’t as familiar with po-

etry, write something of substance. Most of my poetry in the past was written when looking at something, whether it be a picture or a beautiful thing in nature, so I was fond of the project.”

Other students, like senior professional and creative writing major Kathryn Landoe, had a rather different opinion of the assignment.

“It was challenging because the exhibit is on migration, and I am white so I have little understanding of how people are actually affected by migration laws and deportation,” Landoe said in an email. “It was also difficult for me because the other half of the exhibit was on animal migration, and I have no interest in nature.”

Landoe is writing her poem based on the piece “Welcome Human/Alien,” by César Maxit.

Cavazos saw the assignment as an opportunity to diversify his curriculum. He also voiced that, although he does have a slightly deeper personal connection to the exhibit, he had no agenda with the assignment.

Cavazos says the assignment was more about teaching the students to speak in a voice other than their own.

“We’ve lost our way as poets as well,” Cavazos said. “We’re too wrapped up in academia. We’re not in touch with our own communities and what’s happening and injustices and being the voice in that.”

Besides allowing the students to speak from a different perspective as the voice of their chosen art piece, some students took the opportunity of being in the space to

**“We’re too wrapped up in academia. We’re not in touch with our own communities and what’s happening and injustices and being the voice in that.”**

**-Xavier Cavazos**  
English Professor



SUSIE COMYNS/OBSERVER

**NEW PERSPECTIVE** The “Migration Now” exhibit is now on display in Dean Hall.

explore their feelings on the issue presented to them.

For her assignment, Dunoskovic wrote a poem based on the piece called “Alto a las Deportaciones” by Santiago Armengod.

“Even though it’s art, it’s also a political statement,” Dunoskovic said in an email. “This piece made me think about where I stand on this matter, and I have the stance where I believe people should be able to travel from country to country without the fear of being hurt, insulted or sent back.”

Dunoskovic said “Alto a las Deportaciones” was her favorite because despite not speaking Spanish, she could understand it.

Poetry is not a new medium to the museum. In the past, the museum has hosted work from multiple poets, including Poet Laureate of the time, Kathleen Flannigan, whose work was displayed as part of the “Particles on the Wall” exhibit in 2012. This exhibit addressed the effects of the Washington-based nuclear site Hanford.

“Because the nature of the exhibits are often to do with crises in the natural world or elements that explore human interaction with the natural world, poetry is very effective in bringing the visitors of the museum into a place where they can have an experience through someone’s words,” Whitcomb said.

# Gaming writer finds path to CWU

## Central’s newest ballroom dance teacher is a Pathfinder writer

BY KALA TYE

Staff Reporter

Adam Meyers, a new ballroom dance instructor at Central, is also a writer for a popular tabletop game Pathfinder, a game that was based on Dungeons and Dragons.

Meyers is the founder of the company Drop Dead Games which writes third party game development work for Pathfinder.

Meyers has taught dance before; however, this is his first time teaching college dance classes. He taught private lessons when he lived in New York, and he taught at The Academy of Ballet in Utah.

Rebecca Johnson, Meyers’ former dance partner of eight years, co-directed several performances with Meyers.

“He taught groups dances and choreography they weren’t familiar with,” Johnson said. “He’s a hard partner to replace.”

Meyers didn’t start ballroom dancing until college, but his mother ran an Irish dance school, and she was the person who first introduced him to ballroom dance.

At Brigham Young University, Meyers

was part of the backup team and took as many different dance classes as he could.

Tabletop games have also always been a part of Meyer’s life. His dad used 2nd ‘Ed. Dungeons and Dragons to teach Meyers lessons and to tell him stories. Meyers also gets inspiration from Tracy Hickman, a best-selling fantasy author.

Meyers finds inspirations from Hickman’s philosophy on the power of play, which Mey-

ers believes to be a useful tool for education because it encourages empathy and growing.

He believes that by writing role playing games, he is giving users a new perspective by letting them become different characters, giving people tools to grow.

“When I was younger, I wanted to be an archeologist, but in hindsight, I don’t think I’d be happy doing anything different,” Meyers said. “There’s always that ‘need’ and I think I always knew I needed to be in the professional creative field.”

Meyers moved to Ellensburg because he found there are not many opportunities for ballroom dance in the big city.

Meyers wanted to use his skills in a place where he felt he could raise his children, have a day job as a dance instructor and be close to Seattle, where many gaming businesses are located.

“Both careers require building up, so it’s time consuming, but it’s worth it,” Meyers said. “I don’t see them conflicting.”

Right now, Meyers is setting up a class at Central for ballroom dancing during winter quarter and is talking to local elementary schools about reviving programs to teach ballroom dance to fifth graders.

He also recently ran a successful Kickstarter campaign for “Spheres of Power,” a new system within the Pathfinder setting that gives players a new way to create magic-based characters.

Meyers defines the challenges for writing and dancing. For writing, one of the requirements is to be self-driven because it is a self-taught career, while dancing is the desire to continue the art, which forces the need to practice and learn. Both, however, require a drive to keep going after failure, which can be difficult.

“I think that these [professions] play

off each other because Adam is a very creative person and he uses dancing and writing for Pathfinder as different avenues to express his creativity,” Daniel Masterson, a friend of Meyers, said.

Meyers doesn’t believe that writing and dancing are mutually exclusive, either.

Meyers does not directly write about dance or dance about writing but believes each is an exercise of the creative muscle.

“Ideally, every artistic pursuit is part of a creative whole,” Meyers said. “There needs to be an emphasis that you can actually focus too much on one of your abilities and become single-minded.

You need to experience more in life so you don’t become limited.”

Meyers also had advice for those who want to become professionals in a creative field.

“It is completely possible to make a good living doing what you love. It all comes down to how much work you’re going to put out into it,” Meyers said. “The great dividing line are those who are willing to fail and do it anyway. You can’t claim you want to create if you’re not creating. Talent can help you make a big splash but hard work will teach you how to swim.”





# Lipston overcomes obstacles

## CWU goalie is looking to finish her senior season strong

BY JONATHAN GLOVER  
Staff Reporter

For goalie and senior accounting major Kayla Lipston, playing for Central's women's soccer team the last three years has been a blessing. Recruited out of Decatur high school in Federal Way by head coach Michael Farrand, Lipston has enjoyed the starting goalie position since her sophomore year.

In her first year starting, Lipston had 85 saves, saving 79 percent of the shots-on-goal.

Last year, she started in all 14 games and improved to a career high 84.6 percent save rate, as well as a career high of .88 goals per game in the GNAC standings.

Lipston now ranks second in Central history, allowing only 1.11 goals per game in her career. In 2013 she had a total of 184 saves in the 14 games that she started.

Lipston attributes her success as goalie to the team, saying it all starts with the defenders. Last week, she was nominated for GNAC Defensive Player of the Week.

"It felt really good because it wasn't just me who earned that reward," Lipston said. "It was my team who helped me. I have been looking to have a defense that plays well in big games."

With players graduating and moving on, the Wildcats have had to develop new talent in the defensive positions with many of their current players being freshmen.

Last year, Lipston had 66 cumulative saves on the season. As of hitting the half-way point of this season, Lipston has already accrued 72 saves.

For Farrand, this increase in saves can be explained by the development of new players and getting the team's "groove" back after shifting players around.

"We have a conference where the top goalkeeper of the region comes out of our conference," Farrand said. "Kayla is one of the best goalkeepers in the GNAC. In almost every game we've given up a goal but she always comes up with big saves."

Farrand saw potential in Lipston when he first saw her play during her junior year of high school. While scouting, Farrand noticed Lipston as a potential star prospect for the team.



average of .72 goals per game. Lipston also had three shut-outs in a row.

"I was just more worried about how I was going to get back and be at the

fast as I could."

For Kayla's father, Robert, it was never a matter of if Kayla would recover and get back out onto the field, but when. For him, there's nothing that Kayla can't do if she puts her mind to it.

**"I like having all of the pressure and weight of each game on my shoulders."**

**-Kayla Lipston**  
Central Washington Goalie

"She's grown so much as an athlete, as a person, a daughter, and has grown to be an amazing young lady," Robert Lipston said. "I'm most proud of her determination and relentless drive to improve and bring her game to the next level with her attitude."

Lipston said that playing goalie comes with an enormous sense of responsibility.

"I like having all of the pressure and weight of each game on my shoulders," Lipston said.

However, there are some aspects of the position she doesn't care for.

"People only remember your mistakes, not necessarily how you did the whole game," Lipston said.

Luckily, she hasn't had too many games for fans to complain about, with five shutouts already for the year. This could be attributed to her pre-game ritual, which has stayed constant since finding the sweet spot after some trial and error.

"First, I have my assistant coach tie my left shoe and my goalkeeper coach tie my right shoe," Lipston said. "When I tie my shoes they come untied, so first, my goalkeeper coach was tying both shoes and we lost, then my assistant coach tied both and we lost, then they both tied each and we've been doing alright."

Regardless of the teams' success, Lipston will be graduating this spring and plans to work somewhere in the accounting world. She is unsure whether or not soccer will be in her future, but she'd like to continue to play.

Robert Lipston said Kayla originally planned on becoming an ESPN announcer after high school. He says her willpower has opened up a lot of opportunities.

Whatever Lipston does in her future, she will leave a legacy at Central that few will be able to follow. Farrand acknowledged that it will be difficult to replace such an exceptional player.

"She was great and competitive," Farrand said. "Her size and athleticism were things we needed in order to improve our goalkeeping. Training has been a real success for Kayla."

Last year, however, Lipston suffered a partially torn MCL in her leg that forced her to sit out for four games. Despite playing through the injury when it initially happened, after Lipston was checked out, the

scope of the situation became clear.

"I was hoping she wasn't seriously hurt," Farrand said. "[After examination] we knew at that

point it was a serious injury. She rehabbed and worked hard to get back to the goal in the playoffs."

After the Wildcats' 2-1 win in overtime over the Montana State Billings Yellowjackets on Sept. 28, 2014, the day of Lipston's injury, the team gave up five goals in four games.

After Lipston's return, the team only relinquished five goals in seven games, an

**"She's grown so much as an athlete, as a person, a daughter, and has grown to be an amazing young lady."**

**-Robert Lipston**  
Kayla Lipston's Father

same level of play that I had left at," Lipston said. "I was worried about how it would effect the team. I worked my butt off to get back as

PHOTO COURTESY OF CWU ATHLETICS

### 2011

- Played in nine games, started in six
- Made 33 saves
- Blocked 82.5 percent of shots-on-goal
- Allowed just over one goal-per-game

### 2012

- Started all 18 games
- Made 85 saves
- Saved 79 percent of shots-on-goal
- Academic All-GNAC squad

### 2013

- Started 14 games
- Career high saving 84.6 percent of shots-on-goal
- Career high allowance of .88 goals-per-game
- Academic All-GNAC team and NSCAA All-West Region team with a 3.41 GPA
- GNAC All-Conference second team





BRITTANY RASH/OBSERVER

# Homecoming: Wildcat Victory

**BY CHANCE WEEKS-WILLIAMS**  
Sports Editor  
**AND RACHEL CHARLTON**  
Assistant Sports Editor

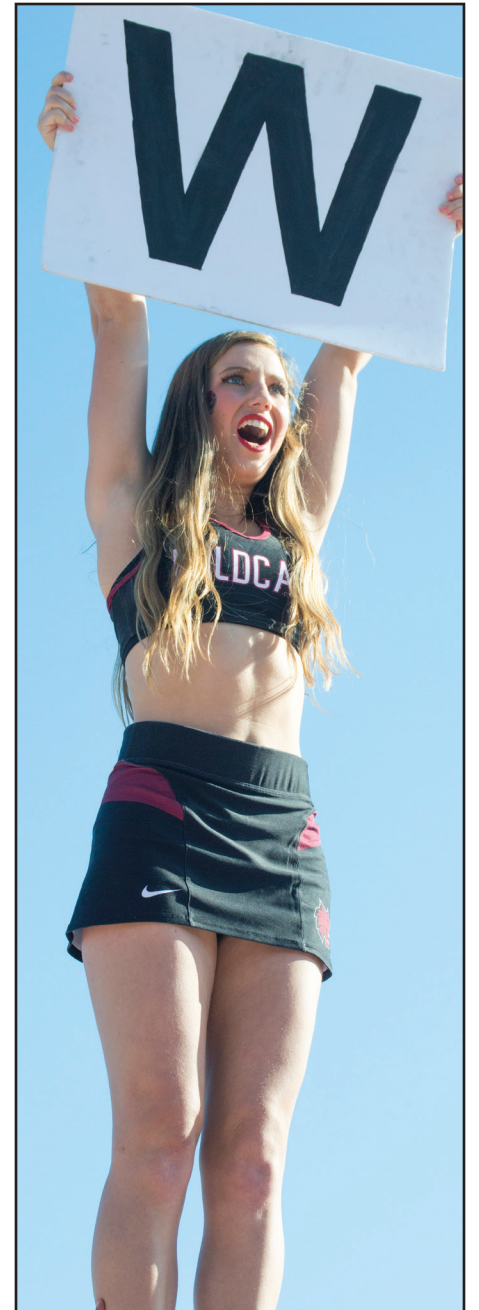
The Wildcats exacted their revenge over the Western Oregon Wolves in the nail-biting Homecoming game last Saturday. Central had previously fallen to the Wolves earlier this season.

With 4,827 fans in the stands, the Wildcats would lead most of the game, until a late push by the Wolves tied the game at 17 points. Mid-way through the fourth quarter sophomore quarterback Jake Nelson connected with sophomore wide receiver Jesse Zalk to give the Wildcats a 24-17 lead. Three minutes later the Wolves would respond with a 39 yard field goal.

The Wolves were unable to score again and the Wildcats bested Western Oregon by a score of 24-20.



RILEY ELLIOTT/OBSERVER



BRITTANY RASH/OBSERVER



BRITTANY RASH/OBSERVER



# Wildcats look to fell Lumberjacks

**BY JEFFREY MACMILLAN**  
Staff Reporter

Fresh off their homecoming win over the Wolves of Western Oregon, the Wildcats football team now set their sights on a trip to northern California to face the 5-1 Humboldt State Lumberjacks.

The Wildcats boast the nation's 4th rated pass rush, led by junior Tovar Sanchez who currently is ranked 5th in the nation in sacks.

While Sanchez will cause problems for Humboldt's passing attack, the Wildcats hope to put extra men in the box to slow down Humboldt's running game.

"As much as Humboldt runs the ball, we will need to get an extra man in the box to counter it," Mike Dunlevy, coach of linebackers and safeties said. "So that we can protect Haynes, so that he get over the top on these linemen and make plays."

Central will have to rely on sophomore linebacker Kevin Haynes to contend with the two-headed backfield monster of Ja'Quan Gardner and Nick Ricciardulli which Humboldt will employ versus the Wildcat's 116th ranked rush defense.

Haynes leads the team in tackles and is currently 22nd in the nation in solo tackles. Central should expect to see the ball in the hands of Humboldt's running backs a lot

Central fans should expect Haynes to find his way to the ball all game long as he

moves behind the Wildcat's defensive line. "The defensive line will get the job done up front," Haynes said. "The game plan we have will help me find my way to the ball."

Central currently has seven blocks in the kicking game with five field goals blocked and two punts in seven games this season.

Central's sophomore quarterback Jake Nelson is expected to make his presence felt. Nelson who played tough versus Western Oregon, took a lot of hits but still kept on distributing the ball to multiple targets all game long.

Nelson is currently 21st in the nation in passing yardage and is only one of seven under classmen in the top 25 in that category.

Wildcat fans should expect no less, as Nelson should be able to get the ball deep to wide receivers sophomore Kent McKinney Jr. and senior Greg Logan all game long.

On the other side of the field, Humboldt State has a lot to contend with as they are still recovering after suffering their first loss of the season; a 21-55 loss to Azusa Pacific. The Lumberjacks hope to rebound against Central but to do that they will need to find a way to use their explosive running backs more effectively than they did against Azusa.

The Lumberjacks split carries between senior running back Nick Ricciardulli

## CWU vs HSU

Redwood Bowl 1 p.m.  
Pacific Standard Time

and true freshman running back Ja'Quan Gardner.

Ricciardulli touches the ball on 26 percent of the plays from scrimmage. He has suffered a few injuries recently

The other half of the running back duo is true freshman Ja'Quan Gardener. He who averages 8.2 yards per carry.

The Wildcats hope to stop Humboldt State's explosive rushing attack, which is putting up over 200 yards a game, by relying on sound tackling and attention to details.

"You're not going to stop Humboldt's offense with any one given defense or player," Central's Defensive Coordinator, Payam Saadat said. "We need to understand that if we aren't working in unison that we will be exposed by Humboldt's offense."

Gardner was unable to play versus Azusa Pacific as the Lumberjacks found themselves relying more on the passing game, which is ranked 90th in the nation. In games where Gardner touches the ball seven or more times, the Lumberjacks are unbeaten, outscoring opponents 194 to 43



**Kevin Haynes**

66 total tackles, three interceptions, one forced fumble

this season.

On the defensive side of the ball, the Lumberjacks boast the nations 2nd best pass rush (4.33 sacks/per game) lead by senior defensive linemen, Alex Markarian, and Silas Sarvinski. They each have 6.5 sacks this season and have combined for 13.5 tackles for loss.

In the special teams game, the punt return unit of senior Gianni Olivas and sophomore Chase Krivashei currently combine to average 19.93 yards per return. Both have a return for at least 60 yards this season.

Central looks to extend their two game win streak and climb up in the GNAC rankings.

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Speaker  
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12 p.m. - 1 p.m.  
Dean Hall 104

Detective Graham, a CWU Law and Justice Masters Program Graduate and book author, will give a presentation to the campus on Child Abuse Investigations and his experience working in the field.

**Detective Bradley R. Graham**  
Tacoma Police Department  
Special Assaults Unit

Sponsored by Dept. of Law and Justice and the Law and Justice Student Club

Effective Child Abuse Investigation for the Multi-Disciplinary Team  
Bradley Richard Graham





PHOTO COURTESY OF GARYPAULSON.NET

**THE HOME STRETCH** Junior Dani Eggleston accelerates towards the finish line in the annual Sundodger Invitational early in the season. Eggleston placed fifth in the race.

# No distance too far for Eggleston

**BY DONNIE SANTOS**  
Staff Reporter

Being a competitive distance runner at the collegiate level requires not only self motivation, but determination to be faster each day.

Central's Dani Eggleston is becoming a familiar name throughout the GNAC in women's cross country and track. She already has three top 5 finishes in races this fall. In a sport that most people view as an individual event, Eggleston gives most of her success to her team.

"My teammates have been the key to all the success I have had at CWU," Eggleston said. "They are always pushing me and we never let each other settle."

Eggleston grew up in Longview, WA, and attended R.A. Long High School. Eggleston did not start racing competitively until her sophomore year of high school. As a well-rounded athlete, she played multiple other sports including soccer, her



ALYSSA DARBY/OBSERVER

first love and basketball.

An unfortunate incident on the soccer field is one of the major factors that affected Eggleston committing to CWU. During her junior year, she tore her ACL.

"I was talking to a few different schools until I tore my ACL," Eggleston said. "Coach Adkisson never stopped believing in me unlike most other coaches and that's why I chose Central."

Four months after an intense ACL repair surgery, Eggleston was not only back on her feet, but had returned to running.

Typically it takes an athlete closer to six months to be back running.

Distance running has such a big mental aspect. Strategic running is just as important as the physical portion.

She has a great deal of toughness," Head coach Kevin Adkisson said. "She is always ready to push herself through hard workouts and is going to give it all while leading by example. The whole team holds each other accountable for working hard and getting better."

Eggleston is a product of routine, preparation and hard work. She believes that she has evolved into a much more efficient runner since her arrival at Central. Her previous

years of collegiate running have given her even more confidence and wisdom during the course of a race.

"I used to burn out too early in my high school races," Eggleston said. "I now know that I would rather start slow and end fast. I focus more on my running now instead of the opposing runners around me."

When it comes to preparation, Eggleston said she's been sticking to more routines this year. As a whole, the Wildcat distance runners have been pushing themselves which is leading to better times as a team.

"There is a combination of factors that make Dani successful," Adkisson said. "She has done an incredible amount of work. It really shows how dedicated she is. She always wants to do everything it takes to better herself. It's funny, because her first year we actually had to scale her workload back a little, but over the course of her career that has accumulated. Her fitness has taken her further than I could ever imagine."

Individually, Eggleston has faster times this year than her freshman and sophomore year. She has improved by about two minutes in 4K, 5K and 6K meter events since her freshman year.

"Between track and cross country, I have to say cross country is definitely my favorite," Eggleston said. "In track you run where everyone can see you at all times, but in cross country you are hidden

from everyone and you get to run on all different types of courses. I really enjoy that."

**“She is always ready to push herself through hard workouts and is going to give it all while leading by example.”**

**-Kevin Adkisson**  
Cross Country Head Coach

## Season at a glance

**CWU Cross Country Classic 4K**  
1st place: 14:55

**Charles Bowles Invitational 5K**  
2nd place: 17:55.1

**Sundodger Invitational 6K**  
5th place: 21:58

**WWU Cross Country Classic 6K**  
11th place: 22:00

That being said, the event that has seemed to come naturally to her is the Steeplechase (a long distance race involving hurdles and a pool of water). The first year she competed in the event she made it to nationals. Eggleston had only officially raced the event three times before qualifying.

"The first time I tried it in practice I hit the national provisional (qualifying) time," Eggleston said.

The Central women's cross country team has only three more events left before the NCAA Division II National Championship in Louisville, KY.

Eggleston looks to help the Wildcats accomplish their goals.

"The most important goal for the season is to make it to nationals as a team," Eggleston said. "While I'm there, I hope to perform well enough to be an All-American."

The Wildcats will be competing in the Western Washington University Short course on Oct. 25 in Bellingham.



# Kight digs through school record

BY DILLON SAND  
Staff Reporter

Senior libero Kaely Kight became Central's all-time leader with 1,786 digs Saturday night, when the Wildcats beat Saint Martins University 3-0.

With the win, the Central volleyball team improved on the season to 14-5 overall, and 7-4 in the GNAC.

Since joining the team as a freshman, Kight has lead the team in digs every year she has played, becoming one of the most consistent players in Central's volleyball history.

Kight recorded 539 digs during her sophomore season. During her junior year she notched another 548 total digs. It was then that the possibility of breaking the school record became a reality. Kight went into last Saturday's game with 1,764 career digs.

"[Breaking the record] was a goal of mine and to do it at home in front of all the fans was really exciting," Kight said.

Needing only 11 total digs to break the record, Kight worked quickly and secured

**CWU vs UAA**  
Patty Center 7 p.m.  
Alaska Daylight Time

the record-breaking dig midway through the second set. Kight would go on to total 22 digs by the end of the match. The previous record was 1,775 digs.

The Wildcats swept the Saints in sets of 25-18, 25-0 and 25-11, making it the team's fourth consecutive win. Central beat Montana State University Billings, Seattle Pacific University and Western Oregon University earlier this month.

Junior outside hitter Linden Firethorne got the Wildcats out to a quick lead with multiple kills in the first set and finished with 11 total for the match, along with two blocks.

The Wildcats also got help from red-shirt junior middle blocker Kaitlin Quirk who added seven kills of her own, along



PHOTO COURTESY OF CWU ATHLETICS

**POISED** Senior libero Kaely Kight gets ready for the next play.

with three blocks and an ace. Sophomore outside hitter Jordan Deming had six kills, along with 18 digs, second only to Kight in the match.

With the momentum of their wins carrying them into this week, the Wildcats

will go north to play Alaska Anchorage University on Oct. 23, and the University of Alaska on Oct. 25.

"It will be a good challenge for us late in the season to see where we stand," Kight said.

**“ [Breaking the record] was a goal of mine and to do it at home in front of all the fans was really exciting. ”**

**-Kaely Kight**  
Senior Libero

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