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EXTRA HOURS
Students find themselves overworked

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THE WORLD’S A STAGE
The Observer shows the daily life of a music student

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Photo By: Dakota Johnson

Women’s basketball controls its own destiny

Page 13

IN SIGHT

Online daily, print weekly
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Lawyers flooding legal weed market

BY KYLE KUHN
Contributing Writer

Since the legalization of recreational marijuana in Washington state, many lawyers have started to venture into the cannabis industry to help businesses navigate the new laws and regulations.

Neil Juneja, founder of Gleam Law in Seattle, wrote in an email interview that 75 percent of the firm’s practice is now devoted to marijuana law. He wrote that he believes more firms will follow the trend, noting that the marijuana industry is the fastest growing sector of the Washington state economy.

Gleam Law has a particular expertise in intellectual property—patents, trademarks and copyrights—but also practices entertainment and lighting law. Juneja wrote that firms may not have marijuana-specific branding, such as Seattle’s Canna Law Group, but marijuana practice groups are beginning to emerge in large law firms.

Canna Law Group is a marijuana-specific practice within the Harris Moure law firm. Canna’s lawyers represent medical and recreational marijuana businesses in nine states, but are rooted in Seattle. Canna focuses on corporate, compliance, intellectual property and consumer product issues.

Mikhail Carpenter, a spokes-

man for the Washington State Liquor Control Board (WSLCB), speculated that the agency has been dealing with more lawyers in regard to Initiative 502 (I-502), but the WSLCB doesn’t keep such statistics.

John Ulke, an Ellensburg attorney, said he doesn’t think there will be huge growth in marijuana practices until more states such as California and New Mexico legalize recreational use. Ulke said marijuana will have a better knowledge of which way the wind is blowing in the Washington legislature.

“IT’s a business that’s like many other businesses,” Ulke said.

Lawyers who specialize in certain kinds of law, such as real estate, business and licensing documents—all of which the cannabis industry deals with—will still be the best for these situations, Ulke said.

Ulke doesn’t practice marijuana law, but has helped Kittitas County change its rules regarding land use for I-502.

Juneja wrote that it’s impor-
tant to find attorneys who have both substantial experience in I-502, as well as experience in general law. Marijuana lawyers will have a better knowledge of which way the wind is blowing in the Washington legislature, he wrote.

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What’s so (not) hot about e-cigs?

BY KYLE PENTON
Staff Reporter

Electronic cigarettes, or “e-cigs,” have been making a huge impact on the tobacco scene over the past several years. In 2014 alone, roughly $2 billion was spent on e-cigs in the United States.

According to the National Center for Health Assessment at Central, in 2014 only 12.2 percent of students reported the use of tobacco at any point in their lives. Only 3 percent reported smoking daily.

According to Doug Fulp, a health educator at the Central Wellness Center, this survey is very useful in establishing a baseline for how many students smoke cigarettes.

More and more students have started smoking e-cigs, according to Fulp. This could be the result of several factors, such as the high price of regular cigarettes or their detrimental health risks.

“Even with the high price of cigarettes and the well-known health risks, people will continue to buy cigarettes,” Fulp said.

“But, as we can see by this survey, there is a low number of students who actually do smoke.”

E-cigs are marketed as a great alternative to smoking regular cigarettes. However, they have not been around quite long enough for students to be certain of the health risks, or if they are indeed a successful alternative, Fulp said.

“At the Wellness Center, we do offer ‘quit-kits,’ which are full of useful information to help a person quit smoking,” Fulp said.

The Wellness Center attempt to do this in a very non-judgmental way and offer resources such as coaches to help students who want to quit.

E-cigs are not regulated by the FDA, and, therefore, are also banned in “no-smoking areas.”

“You are not allowed to smoke e-cigs inside any building or restricted no-smoking areas on campus, even though they only emit vapor rather than tobacco smoke,” Fulp said.

Fulp said that he has seen people trying to make the switch from cigarettes to e-cigs, but in a lot of cases, they use them simultaneously, which is even more hazardous.

Shaun Kaufman, junior theatre arts major, said that he has been smoking cigarettes for three years and has attempted to quit in the past.

“Even though they might be cheaper in the long run, if he decides to quit again, Kaufman said it would definitely not be with the help of an e-cig and did not like it at all,” Kaufman said.

According to Doug Fulp, this is indeed a successful alternative, Fulp said.

There can be multiple benefits of smoking concentrates for those who choose dabs over traditional methods of consuming marijuana.

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Students find themselves working 40+ hour weeks

BY PEULCA KOPPERSDahl, Staff Reporter

Many Central students have turned to employment to alleviate college expenses. Some students are taking multiple classes along with a “work-now, play-later” kind of attitude.

Robbie Rutherford, a double major in music education and trumpet performance, is currently in his sixth year at Central and is taking 13 credits this quarter.

“Right now, I work at Winegar’s in town, and then I also work a couple nights on campus at the music building,” Rutherford said. “Once a month, on the first or second, I’ll be working at the radio station,” Rutherford said. “I got another job at Grocery Outlet, and then I work at the radio station, 2 p.m. to 10:30 p.m.”

Vandera Tay, senior double major in law and justice and communication studies, is currently taking 11 credits. Tay works at D&M Coffee, Advantage Sales and Casey Family Programs.

“I go to class from 10 a.m. to about 4 p.m. everyday,” Tay said. “I go home and nap a couple of hours, and then make dinner for the roommates and myself.”

Tay said that having a social life can be difficult at times, but they find ways around it.

“Tay said that she is the first generation in her family to go to college and to graduate with great accomplishments,” Tay said. “I just applied for Central graduate school of criminology. I am anticipating starting in the winter of 2016.”

Richey and Rutherford both said that having a social life can be difficult at times, but they find ways around it.

“I have always had time for homework, but says that this is only preparing him for the future.”

“Tanner Richey: 15 credits (45 credit-hours of work)
Grocery Outlet: 32 hours
Broadcast IT: 11 hours
Total: 88 hours/week of work

Vandera Tay: 18 credits (54 credit-hours of work)
D&M: approx. 18 hours
Advantage: approx. 18 hours
Casay: 20 hours
Total: 110 hours/week of work

There are 168 hours in a week, including weekends. Between work and school, Richey has 80 hours per week of down-time, including sleep. Tay has 58 hours per week of downtime, including sleep.

Campus employment is a significant source of income for many students.

Staci Sleigh-Layman, director at large of Central human resources, said that 1,000 students work on campus.

Around 80 percent of student employees run the campus day-to-day operations. These students are paid anywhere from minimum wage, $9.47, to $15 an hour.

More specialized employment, encompassing positions such as teaching assistant or nutrition lab supervisor, can expect anywhere between $12 to $25 an hour.

Disability support interpreters occupy the smallest percentage of student employees. They work with students who have communication impairments. There are only a handful at most on campus, and they can expect to earn $15 to $50 an hour.

Most student employees are paid hourly, working between 10 and 19 hours a week. To be classified as a full-time employee, student employees may not work more than 19 hours a week.

Some groups of student employees, such as the student government, Resident Assistants (RAs) or graduate assistants are paid on a stipend.

This means they receive their paychecks based on a fixed set of working hours, regardless of whether or not they work that amount in a week.

According to Rob Lane, student government vice president for student life and facilities, he is paid $14 an hour, for 14 hours of work a week. The student government president makes $14.50 an hour.

Lane said that he and other student government employees often work more than that and end up making as little as $10 an hour in real earnings.

He would rather be paid hourly, but for now it’s not really a huge deal. The perks outweigh the cons,” Lane said.

One of those perks, according to Lane, is having access to an office in the SURC in which to perform his job and do his homework.

RAs are compensated with free housing while they’re on the student government.

Graduate assistants, teaching assistants and research assistants are expected to put in 20 hours or more a week, and receive tuition waivers.

Cassidy Meyers, sophomore business major and SURC student employee, said that she lives off-campus, but enjoys the convenience of working on campus.

“Personally, I’m happy with it,” Meyers said. “It’s nice that I can come in for a couple hours.”
BY TERA STENHOUSE
Staff Reporter

Central’s college of education is one of the top 10 largest education programs in the nation, and Central has been preparing future teachers for 125 years.

Education students go through hands-on learning experience outside the classroom, or teaching practicum, as part of their daily routine.

Audra Saisslin, junior early-childhood education major, works at Mercer Creek Church, teaching kindergarten prep.

“I teach preschoolers thematic crafts that fit the subject they are learning. Then we will do a craft, a worship jam and then they will act out a dramatic play for the lesson,” Saisslin said.

Saisslin said she always knew that she was going to be a teacher.

“It was the inevitable; what I am doing comes natural to me,” Saisslin said.

Saisslin also said that students cannot go into the education program with a closed mind.

“Don’t go into it thinking you know exactly what you want to do,” Saisslin said. “If you go in closed-minded, you won’t get what you want. Have an idea, but don’t be closed off to other ideas.”

Senior year, for education majors, is typically reserved for teaching practicums and student teaching. Jackie Stone, senior middle school math education major, said her teaching practicum at Mt. Stuart Elementary is helping to prepare her for student teaching in the fall.

“More time in my practicum means more practice with using different learning methods,” Stone said. “I am learning how to address students.”

Stone started experimenting with teaching when she was 15 years old as a teacher’s assistant in her musical theater class.

“Being a teacher’s assistant defined my passion for teaching,” Stone said.

Stone said she loves seeing students enjoying life and trying new things.

“Seeing the kids explore, asking questions and wanting to learn more is one of many favorite parts about this job,” Stone said.

Stone also said she learns just as much from her students as they learn from her.

“Everything about them is an opportunity to learn,” Stone said. “If I want them to be hardworking, then that means I need to be hardworking.”

Teaching practicums and student teaching are some of the last steps of the education program. Central will help students create the paths they need to take to achieve their teaching goals.

According to the department, the college of education prepares the top educators, teachers and leaders for Washington’s schools.

Virginia Erion, director of the Center for Teaching and Learning, suggests students get involved as soon as they decide to be in the major.

“See an advisor as soon as you can,” Erion said. “We want students that are passionate about teaching because you are helping to create the future.”

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Don’t wait...offer valid at event only!
Our pennies are too expensive

BY CHAD DAVIES/WWW.EATLED.COM

Every time I pay for anything with cash, I kindly tell the cashier to keep their pennies and nickels. I don’t want that filthy trash. If I ever come into contact with either of these coins, I swiftly chuck them as far away as I can.

I have declared war on the U.S. Mint. Why, you ask? The answer is fairly simple: Every single penny and nickel adds to the current U.S. debt.

Unless you’ve been living under a box of rocks for the past five years, you’re probably aware that the U.S. debt has reached over $16 trillion, that averages to about $56,000 per citizen.

There are some systematic issues with the U.S. government that have caused the debt to be that high, and that is something that won’t be fixed by one simple change. Because there is certainly one thing that will.In December 2014, every penny that who absolutely should not get the U.S. Mint produces costs the government approximately 1.8 cents, and nickels cost 8 cents, to make. The U.S. Mint made over $1.8 billion pennies last year, which added $64 billion to the national debt. The 1.2 billion nickels it made added $747 million of debt.

According to the Washington Post, as of December 2014, every penny that who absolutely should not get the U.S. Mint produces costs the government approximately 1.8 cents, and nickels cost 8 cents, to make. The U.S. Mint made over $1.8 billion pennies last year, which added $64 billion to the national debt. The 1.2 billion nickels it made added $747 million of debt.

This also makes life easier for people who just moved to the United States, as they will have fewer currency values to memorize. And on that topic, go ahead and take a look at the nearest dime. A dime never actually says what it’s worth, it just says “one dime” on the tails side of it. How is someone who doesn’t inherently know what a dime is worth supposed to figure that out?

So what should citizens do with their 9.3 billion unusable coins? The easy solution is to send them to the U.S. government to be melted down and sold as raw materials.

This not only ceases the creation of new debt caused by production of pennies and nickels, but also allows those raw materials to be down sold for more than what they are worth as actual currency. (Now, I’m not advocating that the average citizen should do this, since it is illegal.)

There are currently 16 other countries that have eliminated their form of the penny, the most recent being Canada in 2012. According to an Economist article, Canada eliminated its penny because “inflation has reduced its purchasing power by 80 percent since it was minimally domesticated in 1908.”

By ceasing the production of the penny and rounding prices up or down, the Canadian government expected to save $11 million (about $18.1 million in U.S. dollars) so far. There have been no adverse effects to stopping penny production in Canada.

“Would be you be sad if your Arizona tea went up to $1 because the pennies got eliminated? Probably not. That extra penny got lost in your car immediately anyway. Let’s face it, the only application that pennies and nickels currently have is in pay-per-minute parking meters. And what do you know, they can be used for that application, which goes directly to local government, where it can be melted down and sold for profit as copper. I pray that all of you join me in my strike against pennies and nickels. In order to help bring the national debt down, every penny counts.”

Be sure to check out this article and let us know what you think. What do you use pennies for, anyways? Be honest with yourself here:

The last time you probably used that extra nickel was when you purchased an Arizona tea from the coins you found laying around in your car.

Do you think that our money is too expensive? Write to the Observer and let us know what you think.

What do you use pennies for, anyways? Be honest with yourself here:

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Vaxxing for the greater good

BY BRIDGET BARTLETT/COPY EDITOR

The safety of the greater community is sufficient reason for mandatory vaccinations. A number of politicians, notably Sen. Rand Paul, have attempted to argue that parents need not immunize their children. His line of reasoning is based on at least two faulty premises: 1) that enough “other” individuals are vaccinated to allow many children to go unvaccinated; and 2) that vaccina-tions result in autism; and 3) parents have the right to expose their children to the dangers of disease.

As explained at vaccines.gov, in order for a community of individuals to be protected from disease, a high enough percentage of them must be vaccinated. This concept is known as “herd immunity” (or “community immunity,” as the site calls it). The site explains, “When a critical portion of a community is immunized against a contagious disease, most members of the community are protected against that disease because there is little opportunity for an outbreak.”

However, because individuals whose immune systems are too weak to handle vaccines must go without immunization, there must be enough healthy community members vaccinated in order for herd immunity to exist.

The National Institutes of Health lists pregnant women and babies under 1 year old as people who absolutely should not get the MMR vaccine, and advises that the vaccines may or may not be safe for other individuals with diseases of the immune system, such as HIV/AIDS, cancer patients and people with certain blood problems. Those people and the people who love them should not have to worry about measles in addition to their other illness, but they will if parents continue to allow their healthy children to go unvacci-nated.

Common sense tells us that vaccinating weak and ill individu-als will not reduce over-all disease; instead it would result in more illness.

Also, the CDC says, “Research shows that people who refuse vaccines tend to group together in communities. This means that the idea that current immunization rates protect the unvaccinated is too simplified an argument. Vaccinated people living among other vaccinated people are well protected from disease, but unvaccinated people living among other unvaccinated people are at a much higher risk.”

The CDC’s research exemplifies the herd immunity concept—unvaccinated people living with unvaccinated people results in higher rates of disease. Anti-vaxxers, as they are called, also claim vacc-inations cause autism. Not only is the belief that vaccines can cause autism an extremely bad excuse for not protecting chil-dren from deadly diseases, it is also a belief that is unsupported by science.

A timeline of the controversy and confusion that followed a falsified study about the Autism Vaccine Industry (or AVI) by動きたち nova on the PBS website. That site found 14 credible studies finding ab-solutely no evidence that MMR vaccines caused autism. In ad-
dition, the Mayo Clinic’s website states that the extremely minor and short-term side effects that vaccinations may cause are far safer than the diseases for which a parent is trying to protect their child.

In defending anti-vaxxers’ right to not vaccinate their children, Rand Paul said on CNBC: “The state doesn’t own your children, parents own the children.”

The government does entrust children’s well being to parents, but can and will intervene when the parents fail to adequately provide for or protect their children. His defense of the anti-vaxxers endorses exposing children to the risk of disease. And, in doing so, simultaneously reduces herd immunity.

In light of the community and individual benefits of vaccina-tion—versus the relatively low risk to individuals and no credible proof of any link to autism vacc-i-nations should be mandatory. There is simply no good argu-ment against it.

DEAR READERS:
The Observer welcomes brief letters of 300 words or less from readers on current issues. Please include your full name and university affiliation: year and major, degree and year graduated, or staff position and department. To be printed in the following week’s issue, use the “Submit a Letter” link on cwobserver.com by 5 p.m. Sunday. The Observer reserves the right to reject or edit for style and length. All letters become property of The Observer. Anonymous letters will not be considered.
Peruvian lecturer shakes it

Peruvian lecturer Fabiola Serra teaches Zumba alongside Biology 101

BY SHANAI BERNIS

Before she was a biology lecturer and Zumba instructor, Dr. Fabiola Serra had a variety of jobs in her home country of Peru.

Described as “enthusiastic” and “energetic” by students in her Zumba class, she brings the same cheerful attitude to her biology classes where she makes students laugh between descriptions of Glycolysis and the Krebs cycle.

Born and raised in Lima, the capital of Peru, Serra has an extensive veterinary and agricultural background, as well as a bevy of past jobs.

Besides working as a veterinarian, Zumba instructor and biology lecturer, Serra also hosted an agricultural themed radio show and TV show, worked as a translator and was the director of the veterinary school she graduated from.

In 2004, Serra received her doctorate of veterinary medicine, and made her first trip to the United States in 2007 for an 18 month exchange program.

While attending the Ellensburg Extra Llama Show, where she had been invited to give a presentation on llamas and parasites, she met, and later fell in love with, her husband, Seth Harris.

“No body tells you that in 18 months you’re going to fall in love,” Serra said. “I met my husband, but I still had to go back to Peru.”

For two years, Serra and Harris dated, each living on a different continent.

Every six weeks, Harris would fly down to visit, but he inevitably had to return to his home in the states.

“I imagine you want to go to dinner, the movies or just a walk around the block with your boyfriend or girlfriend, and he or she is thousands of miles away,” Serra said.

During this period, Serra worked for a development project whose goal was to teach sustainable agriculture in some of the most remote parts of Peru.

“You fly to a larger city, and then from there you take a bus ride for about seven hours, and then another part of the trail, walking or going by a horse,” Serra said. “A lot of the time I didn’t have, not only cell phone reception, any kind of phone available and I was going there by myself.”

Despite the challenges, Serra said that it was very fulfilling.

“You feel really good [about] being part of a solution. Everybody always talks about the problem is this, the problem is that, but nobody does anything to be part of a solution,” Serra said.

In 2008, Serra and Harris married at Serra’s great-grandfather’s house outside of Lima.

The pair tried to live in Peru, but eventually decided to move back to the U.S. “[Harris] tried to live [in Peru] for a couple months, but the language barrier for him was very hard,” Serra said. “So then we decided to move back here, to Ellensburg.”

Living in the U.S. came with its set of challenges for Serra, the biggest of which was the loss of a passion she had carried all her life.

Having been a dancer since childhood, Serra suddenly found herself without an outlet for her art.

“You don’t dance here. You dance if you go to a place to dance,” Serra said. “But in Peru, if you’re in a restaurant, there’s going to be music in the background, and loud enough for somebody to at least be shaking.”

S e r r a went to a local dance studio, and after meeting several resident dancers, began to teach them the traditional dances of her homeland.

In 2010, Serra founded TuxsayPeru, comprised of the friends Serra had taught.

“We represent Peru in different activities, we go to FolkLife, we go to different international dance festivals around the North West,” Serra said.

In 2011, Serra was contacted by Dr. Stella Moreno, a Spanish lecturer at Central, about TuxsayPeru performing during Hispanic Heritage Month.

The two became close friends, sharing a deep connection formed because of their shared heritages.

“For me, it has been a gift to have her here, because there are not many people from Latin America in Ellensburg,” Moreno said. “For a community like Ellensburg, it is very special that we can have a person like Fabiola, because she can make a difference in the community.”

Serra also began teaching Zumba to members of the Ellensburg community. It was through these classes that Serra met Kari Limnell, the secretary supervisor for the biology department.

Limnell found out about Serra’s background in biology and encouraged Serra to submit an application as an adjunct instructor. In spite of meeting Serra as a dance instructor, Limnell wasn’t surprised by Serra’s extensive credentials.

“She really works with the people, if she’s teaching a dance class, or if she’s teaching a biology class,” Limnell said.

During the hiring process, Dr. Tom Cottrell, the chair for the biology department, was impressed by Serra’s expertise. He had previously heard about Serra’s talents as a dance instructor, which to him meant that she was comfortable working with and in front of people; an important skill for any faculty member to possess.

“She’s extremely energetic and personable,” Cottrell said. “If she’s in the room, you know she’s there.”

For this quarter, Serra receives aid from lab TA Charles Lawson, first year biology grad student.

Lawson, who typically sets up lab materials and provides the introduction to activities, said that his first impression of Serra was of someone who obviously had a passion for teaching and was excited to do it.

“She cares about the students, first and foremost, and she wants them to succeed,” Lawson said. “She commands attention, but in a nice way.”
Hot Diggidy Dog a late-night hit

BY NICK OLIVER
Staff Reporter

A night in the thriving college town of Ellensburg may include a visit to the bars – or for those not of drinking age, it may include cuddling up with your favorite fuzzy blanket watching “Friends” on Netflix.

One thing that’s for sure is, whether you’re looking for a snack on the way home from the bars or are looking for a place to take your7

students can present their condom artwork for all to see. This year, students will feel less awkward using the move of condoms while being sexually active.

“The best part of the job is probably the customers,” said Burbank, who graduated from Central with a public relations degree last year.

Hot Diggidy Dog has a diverse clientele group who seem to prefer the food truck regularly. “I actually have a father and daughter that come out to get hot dogs for dinner, and we get a lot of students who live in the resident halls, just looking for a quick snack,” Robbi Goninan said.

Tony Bogucci, Criminal justice major, has been visiting the truck for almost two years and prefers the “Big Dog” with grilled onions.

“We can’t have your first ‘Hot Diggidy’ unless you’re drunk,” said Kyley Dunn, Bogucci’s girlfriend. “[Burbank] is a Master chef and makes the best hot dogs.

On any given Friday night, customers of all ages line up for their favorite hot dog on the menu, whether it’s the special or just the good ‘ol classic hot dog.

Hot Diggidy Dog’s current special, the “12th Man Dog,” is a Polish dog with grilled onions and cream cheese.

“12th Man Dog” is the go-to dog for a lot of people,” Robbi Goninan said. “We made Ellensburg our home and that’s why Hot Diggidy fits in.”

Based off of the amount of customer’s orders, as well as Robbi Goninan and Burbank’s recommendations, the cream of the crop of Hot Diggidy Dog almost requires a visit to a cardiologist upon finishing.

“The heart attack dog is the go-to dog for a lot of people,” Burbank said. “It’s a Polish dog with cream cheese, grilled onions, sour cream, garlic and cheddar on it.”

For those of you who find yourselves not quite motivated enough to go out that late, don’t worry. While you may be missing out on the whole late night experience of Hot Diggidy Dog, they are involved in community events as well.

“It’s nice to do things in the daylight,” Robbi Goninan said. “We’ve done the Fourth of July community event every year since we’ve owned the truck. We were at the 12th Man Rally. I’ve done graduation parties and rehearsal dinners. We like to go out and do those kind of things, and if someone wants us to be at their event they can contact us on our Facebook.”

Over the past 17 years, Hot Diggidy Dog has become one of the most popular places to go in Ellensburg, and has been seen into the fabric of the Ellensburg community. The food they serve is amazing, but it’s the combination of the food and the people that keeps people coming back for more.

Condoms and artwork, oh my

BY MIKALA WILKERSON
Staff Reporter

The Sexhibition art show, featuring student artwork made of condoms, will be on display in the SARC Pit on Feb. 24 from 9 a.m. to 5 p.m.

Sexhibition is a part of Central’s annual “Sex Central.” It is an open gallery in which students can present their condom artwork for all to see. This will be the second year the event is held at Central.

“[Sexhibition is meant to promote awareness around sexual health, the use of condoms, and to] promote a positive sexuality,” Erin Reeh, a senior peer health educator, said.

Reeh said the art show is a way for students who are participating in the event to view their work and have them understand how other people view sexual health.

If each different art piece has a different sexual message,” Reeh said. “Whether it related to STI, sexual empowerment [or] sexual health, they all have their own way of interpreting the overarching goal of the event.”

According to Doug Fulp, health educator for the Wellness Center, the art show is also meant to be about hearing the student body’s voice.

“We want to help increase conversations occurring during this time are trying to promote.

“We want to help increase the conversations that are going on,” Fulp said. “We know that the idea of creating these pieces of art work doesn’t really appeal to every single student, but the idea is we want to help create the conversations going on around campus—to talk about it. We want to dis-stigmatize the word ‘condom.’”

According to Robbi Goninan and Burbank’s recommendations, the cream of the crop of Hot Diggidy Dog almost requires a visit to a cardiologist upon finishing.

“The heart attack dog is the go-to dog for a lot of people,” Burbank said. “It’s a Polish dog with cream cheese, grilled onions, sour cream, garlic and cheddar on it.”

For those of you who find yourselves not quite motivated enough to go out that late, don’t worry. While you may be missing out on the whole late night experience of Hot Diggidy Dog, they are involved in community events as well.

“It’s nice to do things in the daylight,” Robbi Goninan said. “We’ve done the Fourth of July community event every year since we’ve owned the truck. We were at the 12th Man Rally. I’ve done graduation parties and rehearsal dinners. We like to go out and do those kind of things, and if someone wants us to be at their event they can contact us on our Facebook.”

Over the past 17 years, Hot Diggidy Dog has become one of the most popular places to go in Ellensburg, and has been seen into the fabric of the Ellensburg community. The food they serve is amazing, but it’s the combination of the food and the people that keeps people coming back for more.

Condoms and artwork, oh my

BY MIKALA WILKERSON
Staff Reporter

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#6: Selma

**BY ADAM WILSON**  
**Editor-in-Chief**

While every half-educated American knows the story behind Martin Luther King Jr., “Selma” offers audiences a refresher in how significant his movement was. What is based on the true story of King’s (David Oyelowo) march from Selma, Ala., to Montgomery – more specifically, everything that led up to it, from excessive police force to hate crimes. But it’s more than a history lesson. It’s a dramatic retelling of the events that happened in Selma in 1965.

It’s one thing to know that black citizens in Alabama were systematically disallowed to vote, for example. But to see Annie (Carmen Ejogo), a woman who couldn’t have been in her right, it doesn’t really add anything to the story. The voter registration scene with Lulu (Layah Vantress) is simply pointless. The scene where Annie’s mom, Liuzzo, who was gunned down by Klansmen, needlessly increases the length of this two-hour film.

Rather than King’s mom singing to him to relieve his stress, the singing is out of place and unnecessary. What’s important is that it is a reminder of the struggle King suffered through and endured for what he believed in, and the mark he left on American history.

#8: The Grand Budapest Hotel

**BY MARIA HARR**  
**Scene Editor**

Wes Anderson’s films are not for everyone. This was true for “The Royal Tenenbaums,” and “The Life Aquatic.” And it’s certainly true for “The Grand Budapest Hotel.”

Like his other films, “The Grand Budapest Hotel” has an assorted cast (with many Anderson regulars) of extraordinarily talented actors all at their best in a surreal, brightly colored world that might be our own.

“The Grand Budapest Hotel” tells its story in true Anderson fashion – it begins by switching between three narrators in five different points in time. The main story of the film focuses on the adventure of M. Gustave (Ralph Fiennes) and Zero (Tony Revolori), who work as the concierge and lobby boy at the Grand Budapest Hotel.

Gustave is a notorious lover of rich old women who come and stay at the hotel. Though at first you imagine him to be a con-man, it’s revealed that Gustave really seems to love these women. When one passes away, Gustave takes Zero and rushes to her home to give his final farewells.

After Gustave is charged with murdering the (extremely) rich woman, he and Zero go on a whirwind adventure to escape the law, travel the oncoming war and sell a priceless stolen painting.

The scene where the couple escape from the military is a showcase of the true potential of Redmayne’s subdued performance. The most inspiring element of film wasn’t even the performance as Hawking. The stages in which Hawking’s physical abilities are portrayed are so beautifully presented in a manner that is both heartbreaking and hopeful for Hawking’s future.

At one point, when Hawking and Wilde separate for good, the movie encapsulates the essence of Redmayne’s subdued performance.

The scene where the couple come to the conclusion that the rest of their lives are better spent apart is emotionally captivating. You see Hawking, inexpressable by speech, attempting to express his sorrow through his face: the love of his past life, is now a stranger in his current one.

I was met with a series of emotions over the course of the film that left me exhausted by the end, and I couldn’t ask for anything more. No portion of the film was over-exaggerated to the point of it being cheesy, which is what I commonly fear when diving into a bio-pic.

What I loved most was how the movie was faithful to the book, and focused on the triumphs and troubles Wilde faced in taking care of her husband and their three children.

The film’s conclusion is probably the most fulfilling ending to a movie I’ve seen in years, though I won’t spoil too much.

“The Life of Stephen Hawking is one of the most inspirational stories to be told in our day and age, and the “Theory of Everything” does it with such grace, emotion and talent that it may easily end up being the best movie of 2015.”
Ellensburg is home to Cloud 509, the town’s only vape lounge and tasting bar. The all-purpose smoking joint, which is run by Jamie Newell and her daughter, Elizabeth Quade, have been in business since July 2014.

“T here wasn’t [a vape lounge] in town and I had quit smoking through vape pens months before we opened,” co-owner Newell said.

Newell mentioned that her own experience with quitting smoking activated her to open the shop.

“People don’t really understand what you are doing when they see it, but their immediate reaction is that they don’t want to be around it,” Newell said.

According to Newell, those in the vape pen industry try to focus on respect.

“We are the only shop in town that carries premium juices with high-quality ingredients,” Newell said.

According to Newell, Cloud 509 has the highest quality of vape liquids in Ellensburg.

“Right now the boxes are resting on the shelf,” Newell said.

According to Newell, the average cigarette has nicotine levels between 11 and 14 milligrams.

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BY BRITTANY ALLEN
Staff Reporter

At 5:30 a.m., Sierra Hawthorne green yet another hectic day by going for a run before working in the music building from 7:30 to 10 a.m., and then starts the school day with music history. This is a typical day for the junior music education major. Her busy schedule is not just one example of the demands of studying music. In her class, Hawthorne has chorale at 11 a.m., and then she replaces food with French horn during her three-hour shift in the SURC ballroom Friday night.

This is when she takes the time to warm up on her instrument, take each class, followed by orchestra rehearsal, which runs until 4 p.m.

“[it’s been] a more radical way” since freshman year in the fact that I’m older and I realize that now I have time,” Hawthorne said. “Later on, I won’t even have time for myself. It’ll be time with my kids, or significant other or whatever. Later in my life, until I retire, I’m going to be [busier] than I am right now. If you have that mentality, nothing is really stressful.

The music program is one of few at Central in which students are required to dedicate themselves almost immediately once the risk falling behind. Students of music must pass an initial “Music Fundamentals Placement Exam,” and also prepare both an audition and an ensemble audition to get admitted.

Then, as soon as they’re in, they start theory classes and ensembles.

Even with this in mind, Hawthorne sees freshman year as much less strenuous than her current situation. “Freshman year, I didn’t think I was busy, but I also had three hours of break time, so I just got like one hour and think that’s awesome,” Hawthorne said.

After orchestra rehearsal, Hawthorne has time set aside to mentor girls from Chi Alpha, the campus ministry she is a part of, before she works another three-hour shift in the music building from 7 to 10 p.m. Being organized with a planner always in hand is a must for her.

Music programs at Central range from composition to education and everywhere in between. Among the majors at Central demands an expansive pool of required classes.

“Think music is so demanding just because it’s not perfect people can see it instantly,” Hawthorne said. “You wouldn’t go to a concert and expect it to be anything but perfect. Otherwise, it’s not published or known; it’s not famous in that way. It’s a one shot gig.”

Besides the required ensembles, music students must also take music history courses. “The classes are more specific to music education majors and teach students the specifics of the instrument so that they can be of help teaching and helping their future students with their instruments of choice.

One of the most general challenges music students – and students of the arts in general – face is in coming to college; the balance between finding their own students, and as an artist. For musicians, this means “finding their sound.”

“We’re all kind of finding ourselves because we’re away from our parents and whatnot,” Hawthorne said. “It’s that balance of practice-wise, like how much they want to put into this, into my schooling and stuff. I think it’s also a balance with gen eds and music. Music is such a different intensity.”

Although she plans to finish her degree in music education, Hawthorne has goals outside of that career path. In her time at Central, Hawthorne’s ideas for what she wants to do post-graduation have been changed by her involvement in Chi Alpha.

“When I came here I just wanted to be a really good band teacher, I didn’t even really care what ensemble they’re in. Hawthorne said. “And now I am planning on moving to India after I graduate and helping out with the Red Light District, which is sexual slavery.”

Even though she’s not still planning to be a director, she graduates, Hawthorne still sees her experience in the music department as being beneficial.

Now “I’m using my certificate for teaching as a way to get into India,” Hawthorne said. “Who knows what’s going to happen when I get to India. I’m not super focused on helping with the sex slave trade and stuff.”

With her musical and educational experience in hand, Hawthorne may not be headed off to a director’s podium, but she does look forward to utilizing the principles she has learned to help her in bettering the lives of others.

“Half of my life is music and half of it is just being a follower of Christ, so it was not only developing my musicianship and stuff but developing myself and who I am and wanting more than just being a Christian in America,” Hawthorne said. “I changed my life to follow Jesus in a more radical way.”

In the life of a music student
Music education major Sierra Hawthorne’s day-to-day life

BY SHANAI BEMIS
Staff Reporter

Music programs

Music programs offered:
Bachelors’ Degrees
Music Composition
Music Education
Performance

Master’s Degrees
Composition
Conducting
Music Education
Performance
Pedagogy

Music education major Sierra Hawthorne's day-to-day life

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The mentality has changed

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‘Dating Doctor’ gives Valentine’s advice

BY SEANNA DOMUS
Staff Reporter

For those who aren’t fans of the Valentine’s Day glitz and glamour or anybody who would rather refer to it as Singles Awareness Day, Central put on a (Un)Valentine’s Day Event in the SURC ballroom Friday night.

Attendees had the chance to decorate cookies, take photos, play bingo and even smash up mementos from past relationships with large rubber mallets.

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As an anti-Valentine’s Day event, most attendees had an avid dislike of the holiday, or at the very least, didn’t have dates.

“I think it’s a Hallmark holiday, an excuse to buy crap,” said Carson Conner, a junior nutrition major.

Emily Duncan, a junior nutrition major, had actually forgotten it was almost Valentine’s Day until her mother reminded her on the phone. Other students had similar things to say, while others were more indifferent.

“I like it when I have a date,” said Elyssa Lopez, a freshman Spanish major.

As far as a preferred gift for Valentine’s Day, Lopez said all she really wants is time with her significant other.

At 9 p.m., David Coleman, also known as the ‘Dating Doctor’, gave a talk about relationships, sex, self-esteem and how to break the ice. Coleman, who got his start in college as a wingman to his friends, said that right after Valentine’s Day is one of the most common times of year for relationships to end, largely in part to the fact that as a soci-

“We’re all kind of finding ourselves because we’re away from our parents and whatnot,” Hawthorne said. “It’s that balance of practice-wise, like how much they want to put into this, into my schooling and stuff. I think it’s also a balance with gen eds and music. Music is such a different intensity.”

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During his talk, Coleman also took questions from members of the audience and gave personal advice, spoke how to tell if you’re being hit on, how to get through a bad break up, and gave a list of the worst pickup lines he’s ever heard.

His personal favorite being, “You didn’t go to a concert and expect it to be anything but perfect. Otherwise, it’s not published or known; it’s not famous in that way. It’s a one shot gig.”

Coleman also gave a few last-minute gift ideas specifically tailored for college students who can’t afford to spend a bunch on an extravagant gift.

“A really cheap, easy thing that you can do that means a lot,” Coleman said. “’14 reasons I’m thrilled you’re my Valentine.”

He gave options for other levels of relationships, including “’14 reasons I love you’, and ‘14 reasons I’m thrilled you’re my Valentine.”

“Type that up, go to the dollar store and get a single dollar frame, wrap it, and give it to them,” Coleman said. “It’s something incredibly meaningful, they made it, they put some thought into it, and it’s a back.”
A star on Kamphuis

Transfer pitcher looks to be another ace for the Wildcats

BY KYLER ROBERTS
Staff Reporter

With the Wildcats' softball team picked as the preseason co-favorites to win the GNAC conference title, the team is starting the season on the right track. With several returning players, Central eyes an improvement of last year's NCAA West Regional berth.

Pitcher, Lindsey Kamphuis, is expected to play a large part in the team's success, holding many records at Kamiakin High School in Kennewick, Wash.

Some of her accomplishments include setting the school record for most strikeouts and most wins, best earned run average (ERA) pitching six perfect games.

"I think it clicked in middle school that I was like okay, this is something that I don't want to end in high school, I couldn't even fathom that it was going to end," Kamphuis said. "It was too much fun to give up."

Kamphuis also earned awards such as the Mid-Columbia Conference's VP, first team All-Conference, All-Area and All-State. She says her success at Kamiakin was in large part due to her coaches and teammates.

"I would attribute a lot to my dad, because he was my pitching coach," Kamphuis said. "I also had a fabulous high school coach, and my catcher in high school. We were like the dynamic pitcher-catcher duo since sixth grade."

There is no difficulty in seeing why the Wildcats see her as a crucial piece to their team. One of Kamphuis' teammates, sophomore shortstop and outfielder Taylor Ferleman, gets to see first hand how gifted Kamphuis is.

"Her demeanor on the mound is one thing, but it is nice to get to know her persona. She is a funny, awesome person," Ferleman said.

Kamphuis has already gotten off to a fast start, winning in her first game as a Wildcat in Las Vegas with a great record of four wins and just one loss coming at the hands of third-ranked Dixie State, the Wildcats softball team has started the season on a good note.

Expectations are high for both the team and Kamphuis, but Kamphuis said she isn't feeling pressured at all.

"I felt a little pressured because this is my first showing since my state championship in high school, and also a lot of pressure because I'm the D1 recruit," Kamphuis said. "But as a pitcher, I love the pressure situations because that's the best time to shine; I take that and use it as my momentum."

Kamphuis transferred from Weber State University in Utah, which has helped her deal with the pressures of being a pitcher. Starting off the season with two straight wins and zero losses doesn't hurt either. She knows the potential of this team and thinks that the Wildcats could take the post-season once again this year.

"This team is really young, but we have really good team chemistry because we're all really good friends and share everything with each other," Kamphuis said. Our team goal is to make it to Nationals because we have all of the talent in the world to get there."

The Wildcats will have a few days to rest before they are back at it again, preparing for their next games that will take place down in California, starting with a double-header against the Dominican University of California on Feb. 21.

The softball team doesn't play in Ellensburg until March 13th, but Kamphuis enjoys proving herself on the road.

"I would prefer to play at home because you have your friends that can come and watch, but when you win on the road it makes a bigger statement," Kamphuis said.

Kamphuis is a star on the softball team, but she has the team-first mentality that any coach would want. She could have an awesome game and she will still credit her teammates for the win.

"I did well this past weekend, but it all had to do with my team; they backed me up, got the hits when we needed them, and lifted the pressure off of me by making phenomenal plays," Kamphuis said.
BY MAXWELL MONSON
Staff Reporter

The Wildcats women’s basketball (11-12 overall, 6-9 GNAC) will get set to tip off with the Northwest Nazarene Crusaders (NNU) (6-18 overall, 4-11 GNAC) Saturday in Ellensburg. The Wildcats are coming off of a disappointing stretch of games, losing a pair of home games to Seattle Pacific University (SPU) and Montana State University Billings (MSU-B). They have set themselves up for an exciting end of the year.

Head coach Jeff Harada is happy for Wildcats to control their own fate for the playoffs. “I like where we’re at, being in a position to qualify for the playoffs is a good spot, and it’s a good place to be but we’re not comfortable,” Harada said. “If we win were in, if we don’t we don’t deserve to be in.”

Central is sitting at the fifth spot in the GNAC standings right now, with the top six teams making the tournament, and needs to finish the season strong. Central will need to hold off late season pushes from MSU-B and the Saint Martin’s Saints (SMU). MSU-B holds fifth place with SMU behind them in seventh.

The Wildcats will wrap up the regular season with a game against SMU, but they will need to keep their focus on NNU before looking ahead.

Junior guard, Jasmine Parker, knows that it takes all five players for someone to get points in the box score. “We had a lot of team effort which played a role in my performance and the team’s performance,” Parker said.

NNU is coming into this game with hopes of pulling off an upset and finding a way to get themselves into the playoffs. Junior guard, Taylor Simmons, leads the attack for NNU. Simmons is having a standout season, averaging 13.8 points per game and 4.1 assists per game. Along with Simmons, NNU leans on freshman guard, Ellie Logan, who is averaging 12.7 points per game.

NNU is the only team to defeat second-ranked Alaska this season. The last time these two teams played each other, there was no lack of excitement. The Wildcats were able to come away victorious, 68-66, in overtime. They managed to overcome 31 turnovers in that win.

Limiting turnovers in this game could prove to be the x-factor for the Wildcats. “They’re going to play the zone the majority of the time, we need to be ready to attack it,” Harada said.

Making adjustments to the zone will be crucial because the Wildcats struggled in the half-court offense against MSU-B. The Wildcats have great production from their junior center Jasmine Parker, in the overtime win over NNU.

Parker put up 17 points, 16 rebounds and six blocks that night. This was the game that was the start of the second half tear Parker went on.

The ability to get points off the bench is crucial for a basketball team, but in the heat of a playoff race, getting contributions from role players in addition to key players performing is invaluable.

The Wildcats have come to rely on redshirt junior guard, Hannah Shine, for these points. Shine may not take the most shot attempts, but she makes the most of the ones she does. Shine is leading the GNAC in three-point shooting percentage at 44.8 percent.

Shine is quick to praise team for her success behind the three-point arc this season. “We have a lot good passers and lot of people who make the extra pass, the more open you are the easier it is to knock them down,” Shine said.

With only two games remaining after this matchup every game is becoming a must-win for the Wildcats.

Harada has had this team prepared all season, but late in the season it comes down to which team executes better.

Harada knows how important a spark on the bench can be for a team. “We really rely on her shooting off the bench. We will need her consistently down the stretch to be successful,” Harada said. “We have all the faith in the world in her.”

ANKLE BREAKER Freshman guard Jasmin Edwards crosses over against an Alaska defender. Edwards is the Wildcats second leading scorer averaging 12 points per game.

Wildcats hope to end streak
Central hopes to end four game losing skid against the Crusaders

LAYUP Alexis Berrysmith goes for a layup against Alaska Fairbanks

DERICK CLARIT/OBSERVER
Central looks to melt Nanooks

BY JEFFREY MACMILLAN
Staff Reporter

As the time clock ticks down on the 2014-15 GNAC season, Central’s Mens basketball team (13-7, GNAC 8-5) knows that it has punched their ticket to Billings, Mont. and locked up a place in the 2015 GNAC basketball tournament.

Senior guard, Dom Williams, said he is glad to have a tournament spot locked up, but wants to make sure he is still pushing his teammates.

“It’s a good feeling knowing that we have our spot already locked up,” Williams said. “Our team saying is to never be satisfied and keep moving forward each day. I just expect that from my teammates.”

The Wildcats are coming off a statement win over the nation’s top scoring team, Simon Fraser (10-13, GNAC 5-10). The Nanooks are led by junior guard Gary Jacobs and sophomore guard Jalen Peake this game.

Stroud knows that he has to protect the basket as tournament time nears.

“I feel like my team has a lot of security with me in the paint,” Stroud said, “I love blocking shots and cleaning up the boards. Everyone knows defense wins championships so that’s big going into the tournament.”

Central’s senior night.
The Wildcats are coming off a statement win over Anchorage this time out. The Wildcats also look to present a different look against the Nanooks this time out.

The Nanooks are led by junior guard Gary Jacobs and sophomore guard Jalen Peake this game.

Coach Harris feels that the addition of the depth on the bench will help the Wildcats against Anchorage.

“It’s been amazing to have Gary back these last few weeks,” Harris said. “And we are getting the most out of Jalen all season. We’ve had a lot of minutes open up and these guys have just taken the opportunities given to them and made the most of them.”

Anchorage comes to Ellensburg on a low note after having in five game win streak against GNAC opponents snapped in an overtime loss against Seattle Pacific.

Anchorage offense features four players averaging in double figures for scoring this season.
The Seawolves are led by the three-point shooting of senior guard, Travis Thompson, who averages 7.2 three-point attempts per game hitting 44 percent of those attempts.
The Wildcats also welcome another team from Alaska this week, as the Alaska Fairbanks Nanooks come to Central after snapping their eight game GNAC losing streak.

Fairbanks is looking to keep momentum going.

Gary Jacobs Position: Guard Season Averages: 10.9 points, 3.3 rebounds Free throw % 81.8

While the Nanooks are not GNAC tournament eligible this season, they are still harding every team on a nightly basis.

Williams knows that the Nanooks are dangerous, and is making sure his teammates don’t get too confident when they meet on Saturday.

“I treat every game the same,” Williams said. “I treat it like it’s Seattle Pacific or Western because you can’t take any game off and you have to always stay ready.”
Student-led news team dedicated to sharing stories that impact Kittitas County.

If you’ve ever dreamed of pursuing a career in Broadcast Journalism, please talk to Professor Terri Reddout about how you can get involved in NewsWatch.

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Family of trainers teaches kids healthy habits early

BY SHAUNA SHAMOEN
Ullin Reporter

In a time where fast food, video games, and obesity in young children are not unusual, walking into the SURC at the University of Montana involves a coffee shop and seeing a 2-year-old and 4-year-old munching on fresh fruits and protein puffs is a refreshing sight to see. But this is the norm for Shayne and Ann Wittkopf's two children.

"I grew up at home with four siblings. We've always had a homemade version of protein puffs. They've got flax seeds, sunflower seeds, craisins, honey and almond butter to glue everything together, and some chocolate chips. The kids love them," Ann said.

The Wittkopf's live a life centered around health. Both have been trainers at the SURC since 2009, and value the importance of teaching a healthy lifestyle even outside of their work.

"The kids have never eaten in a fast food restaurant and they don't know what lucky charms are," Shayne said. "Their world is whatever we expose them to." Although the Wittkopf kids have been exposed to a healthy lifestyle since birth, this wasn't the case for their parents.

While Shayne, a personal trainer, has been an athlete since his teen years, it wasn't until he tore his ACL his junior year in college that he got serious about the science of exercise.

"I had just broken the school record for the triple jump, it was devastating," Shayne said. "I decided at that point that I was going to get into nutrition and figure out a way I could come back better from the injury. I would be sitting in the training room just realizing what I was doing wrong to myself.

Shayne decided to combine his newfound knowledge and his passion for fitness to teach young athletes like himself the correct methods of exercise. Ann's love for fitness started in college after taking a Broadway Aerobics class. She auditioned for a dance company and danced with them the first three years.

She earned her Master's in Sports Medicine from Montana State University-Bozeman.

"If a track and field student for Shayne in college, the dance company was it for me," Ann said.

The couple both grew up in the small town of Circle, Mont. After eight years of grade school and high school together, they finally began dating during their junior year of high school.

It wasn't until seven years later that Shayne finally proposed to Ann.

"She jokes that it took me seven years but I had been saving money for two of those years," Shayne said. "I'd known I was going to marry her for a while."

The couple later moved to Long Island, NY but soon realized the high cost of East Coast living didn't suit their dreams of starting a family. Shayne applied to graduate schools in North Dakota, Montana, Washington and Nebraska in an effort to earn his Master's and leave New York.

"Ellensburg sounded like home so I was sold," Shayne said.

With Shayne attending graduate school, Ann found work as an athletic trainer at the Recreation Center and Shayne soon followed upon graduation.

"After I graduated, I got put in charge of personal training and group fitness at the Rec Center," Shayne said. "After three years they made my position full-time, and the rest is history. That's how we ended up here."

The couple has fashioned a living in Washington they say they wouldn't have been able to make anywhere else.

Unlike Montana's short growing season, Washington allows for them to garden and has given them easier access to organic food.

"Being in Washington has changed us for the better," Shayne said. "Living here has allowed us to do more of the stuff that we like."

The Wittkopf family dedicates their Sunday nights to prepping food for the week in order to maintain healthy eating throughout the week despite their busy schedules.

From steamed vegetables to cooked quinoa, a healthy meal is always readily available.

"How many bad decisions are made because people don't have time? People come home late, are starving, and eat the first thing in front of them," Ann said. "That's why we do food prep day. It makes choosing healthy so much easier."

The couple recommends this food prep method when coming across patients wanting to lose weight.

"There are strategic lifestyle habits we can adapt," Shayne said. "We have to give strategies to success because losing a lot of weight can be overwhelming."

Lifestyle habits are a prime focus when dealing with their patients.

With Shayne teaching patients how to make better daily fitness decisions and Ann dealing with patient rehabilitation, the duo frequently work together to ensure patients get the best quality care that they can.

"It's really beneficial for us to work together because if Shayne has someone that comes to him and wants personal training but they're having back pain, he can send them to me and I can figure out what they're having this issue," Ann said.

For Shayne and Ann, making sure patients enjoy taking care of their health is just as important as getting them healthy.

"I can give you a workout that will solve most of your problems and you'll hate every moment of it, and when I'm not there cranking the heat up for you, you'll gain all the weight back," Shayne said. We want to attack health from a lifestyle standpoint.

In order to change habits, Ann said trainers must adjust to a patient's needs and capabilities.

"If a life pattern is faulty, we fix the gate pattern...who needs a list of 15 things to change? That's ridiculous, no one will remember that," Ann said. We try to make it simple and give 3-4 points that you can easily apply.

Things such as becoming a more disciplined shopper and getting more sleep are some of the things Ann and Shayne try to teach their patients.

For Ann, patience is the lack of these two factors makes getting healthy an even harder task.

"I'll ask patients how stressed or fatigued they are. Sometimes it's not the gym that's crushing you, it's because you're crushing your own body and gain all the weight back," Shayne said. "That's why we both advocate sleep."

For Shayne and Ann, keeping patients safe from injury and teaching them to enjoy a healthy lifestyle is the most important aspect of fitness.

"We are here to make fitness a lifetime salvation. To enjoy what you are doing and not lose joy it without injuring yourself," Shayne said.

Aside from training and rehabilitation, Ann and Shayne are also passionate about helping students interested in exercise science as a profession.

Shayne currently runs the American Council for Exercise certified personal trainer course and encourages anyone interested to take the class and seek similar opportunities.

"A lot of students who want to work in exercise science need to learn that it's not about them or their perfect workouts," Shayne said. "It's about who they're working with and helping people adopt a healthy lifestyle."