Mental health crisis calls in Ellensburg on the rise

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Left dry—not high—for retail pot in Eburg

BY ZAC HERTHE Sports Editor

The Ellensburg City Council passed an emergency six-month moratorium on the establishment of recreational marijuana retail businesses, one week after the state Liquor and Cannabis Board LCB started accepting more applications.

The moratorium, a temporary prohibition of an activity, was passed at a council meeting on Monday, Oct. 19 in a 6-0 vote.

The LCB started accepting more applications for marijuana retail business licenses on Oct. 12, after the passing of the Cannabis Patient Protection Act (CPPA), which created a three-tier priority based application process.

Unlike the prior lottery system, which was based on population and expected usage rates, the LCB will not be putting a limit on the amount of application approvals for retail shops.

Although it will likely take 90 or more days for the LCB to inspect and approve new shops, the city believes additional guidelines may need to be put in place because of issues additional retail stores could create.

The moratorium is meant to give Ellensburg time to review the town’s current laws and regulations on retail marijuana stores.

The moratorium was proposed after what the city council called a “surprising” decision by the LCB to start accepting more applications, with less than a month’s notice to local governments.

“We’re going from two to a potentially unlimited number, so we felt there was a need to put a moratorium in place to get some additional regulations in place before that happened,” Ellensburg City Attorney Terry Weiner said.

The city decided to instate an emergency moratorium because if they went through the normal process of putting this moratorium in place, it would take two council meetings, putting three weeks between the LCB openly accepting applications and the moratorium’s enactment.

The city wanted to get the moratorium passed as soon as possible to avoid applicants filing with before the moratorium could go into effect, allowing the new shops to argue that the new laws shouldn’t apply to them.

This will not affect the two current retail operators in town: Cannabis Central and The Green Shelf. In fact, both businesses will be able to apply for medical endorsements, which retail stores are now allowed to do.

The main reason for the moratorium is to figure out if there should be a required distance between stores.

City Council Member Steve Dupont said that council would like to keep multiple shops from ending up right next to each other. The city needed extra time because they have a relatively small city.

Weiner said that odor control and signage are possible discussion points for new regulations, but feels the regulations will be more of a fine-tuning of current regulations.

He also expressed that this was not an intent to stall new licenses.

“It’s a little bit of a dance to get all this coordinated,” Weiner said. “I think the plan is to get it done as quick as possible.”

Weiner assured that once the city has had time to get regulations in place, that applicants that are meeting all the proper requirements and regulations of the city and state should be allowed to set up shop.

The moratorium requires a public hearing on the matter to occur within 60 days of its passing, which will be held Dec. 7.

The Observer is a public forum for student expression, in which student editors make policy and content decisions. The mission of the Observer is two-fold: to serve Central Washington University as a newspaper and to provide training for students who are seeking a career in journalism. The Observer seeks to provide complete, accurate, dependable information to the campus and community; to provide a public forum for the free debate of issues, ideas and problems facing the community at large, and to be the best source for information, education and entertainment news. As a training program, the Observer is the practical application of the theories and principles of journalism. It teaches students to analyze and communicate information that is vital to the decision making of the community at large. It provides a forum for students to learn the ethics, values, and skills needed to succeed in their chosen career. If you have questions call (509) 963-1073 or e-mail us at cwuobserver@gmail.com.
More questions than answers

Mental health in Ellensburg
a rising concern; EPD, emergency staff respond

BY LINDSEY WISNIEWSKI
Contributing Writer

The young woman walked into her bathroom, sat on the toilet seat and pondered her next move. She reached into the medicine cabinet for a bottle of Tylenol PM, an over-the-counter pain reliever that most people have at home.

Instead of taking the prescription—two, maybe three, every couple of hours, she would take the entire bottle, hoping to put 24 years of memories and doctor’s visits in the past.

Her name is L.G. She’s a resident of Kittitas County, and instead of ending her life that night, she would wake up in the Kittitas Valley Hospital (KVH). Emergency Room finding her self-in a familiar place—the same place she had been seven years prior when she first attempted suicide, days after she was diagnosed with schizophrenia.

Emergency crews would arrive on the scene after her brother found her unconscious on his bathroom floor. She would then be rushed to KVH, where doctors would find that L.G. was not on her medications and was suicide at work too long that day.

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Emergency crews would arrive on the scene after her brother found her unconscious on his bathroom floor. She would then be rushed to KVH, where doctors would find that L.G. was not on her medications and was suicide at work too long that day. She would sit behind white bars for days, while doctors from KVH and counselors from Central Washington Comprehensive Mental Health (CWCMH) would make arrangements with her for post-treatment, just like her brother would find the list of duties that the police department is already running.

For Ellensburg Police Chief Dale Miller, it’s another responsibility on an already enormous list of duties that the police department is expected to fulfill.

“The reality is it’s been kind of dropped into our lap,” Miller said. “And there’s this expectation from the public: ‘We’re going to be able to spew some magic words that will take some one from a manic stage and bring them back to reality. You can’t just fix [someone] who is in that state.’

Miller says that there is no set routine for responding to a mental health situation; every response varies depending on the level of the person in crisis (whether they are calm or agitated) and how many people are involved.

From there, police officers can assess the person they’re responding to and use de-escalation skills until a local mental health professional is there to help.

If necessary, EPD will escort individuals to KVH where a professional, usually someone from CWCMH, will then assess them.

A jump in responses

The Kittitas Valley Fire Department KVF also felt a rise in its response rate for mental health-related incidents over the last couple years and some of those numbers reflect an increase around the college.

KVF Deputy Chief Rich Elliott said, in addition to a bump around finals time, the fire department is already running double the amount of mental health-related calls in the last few to four years.

“We do tend to see a noticeable increase, we’re talking up to 20 or 30, in the dorms with new students,” Elliott said. “They’ll get to the end of the quarter, the end of the year and they will attempt. But they’re not usually the more serious attempts.”

However, Elliott also said that the KVFR is limited in how they can help.

“Our numbers will be smaller, or [than the numbers from the EPD] because we do not respond to incidents where there isn’t a diagnosed medical issue,” Elliott said.

Emergency personnel are educated to properly deal with people in crisis.

The training can be something as simple as communication skills to deal with family situations and people with disabilities to working with individuals with chemical dependencies.

When asked if the increased responsibility has fallen on KVF’s shoulders, Elliott said his concern is that individuals in the community are already coming to them with progressive issues.

“It’s a bad symptom that it is getting all the way to us,” Elliott said. “Ideally, EMS would have limited involvement in mental health issues because [ideally] they would have already been identified and treated.”

Central sees surge in calls

Records obtained from Central Washington University Police Chief Mike Luvra, the numbers of mental health referrals and suicide attempts have gone up by an alarming 115 percent, from 13 in 2012-13 to 28 in 2014-15.

In 2011, just two school years prior, there was only nine total. And the school year isn’t even over.

“This has been a pretty active year,” Rhonda McKinney, director of the school’s counseling clinic said. “We’ve had [Central Washington Comprehensive Mental Health out here probably more than normal [and we’ve had more hospitalizations],” McKinney acknowledged that while students who are more active year signifies a trend, there are certainly times of year that the counseling clinic can expect to respond to more mental health-related incidents.

“In winter quarter, we tend to see more students who are depression and spring is when we see students who are more activated,” McKinney explained. “If the student has bipolar disorder, for example, spring is often when they will become manic and will either be activated with lots of energy or if they have been contemplating suicide in the winter, the spring is often when they will get enough energy on board to attempt.”

The community responds

CWCMH responds to the community in a variety of ways, usually beginning at the time of the incident. Comprehensive Mental Health responders will either arrive at the scene of a mental health-related incident after being notified local officers or meet the patient at the hospital and assess their needs.

“We will see you the same day, night or weekend. We prioritize those people [and] want to be there for them,” Division Director of Comprehensive Health, Harry Kramer, said. “We ensure they have the basic needs, safety plan and supporting family.”

According to Kramer, the counselors work hand-in-hand with ER doctors to determine the condition of the patient, look into their psychological or social records and assess them for a variety of risk factors. These risk factors determine the likelihood that the patient will do something harmful to themselves or others.

Depending on the assessment, Comprehensive Health will often refer patients back to the community through a less restrictive
CWU updates 15-year-old student conduct code

BY KAILAN MANANDIC
Staff Reporter

The last time Central Washington University updated its student code of conduct, Bill Gates was stepping down as CEO of Microsoft. It was the same year the Kingdome was demolished in Seattle.

For the first time in over 15 years, after a year and a half of development, Central staff are revising the current code, with a likely completion date of as early as December.

The current code of conduct has raised several issues involving federal regulations, a lack of appeal rights and difficult to understand language.

This nearly complete redraft of the current code will address these issues and is expected to be implemented within the coming months.

“The [new] code itself looks like it’s a complete rewrite,” said Richard DeShields, associate dean of student life, referring, who is in charge of enacting edits to the code.

“There were some pieces we had to help fall under federal guidelines.”

Central’s assistant attorney general, Alan Smith, made sure those pieces fit within state regulations.

Specifically the code needs to comply with the Violence Against Women Act and Title IX by using particular wording to describe cases of harassment.

Currently cases involving stalking, domestic violence and sexual assault fall into two categories. The new code revision will separate these all into their own classification.

“While we have harassment and sexual assault already in our current code,” DeShields said, “we used to be very specific to have the language in there so that we can also separate violations by those types.”

This specific wording will allow Central to keep track of student violations more accurately.

The revised code will also provide students with new opportunities to appeal.

According to the current code, students can appeal if they’re suspended, expelled or fined. If the revised code passes, students could potentially appeal on any other case given they provide new evidence or information to the case or believe the sanction is too harsh.

Central has a standard of “preponderance of evidence” which means a student is more likely than not in violation of a rule.

Despite that, DeShields argues that Central is more focused on the education of students than on the punishment.

“Our goal is to change the behavior. DeShields are ‘And in most instances, we don’t have a lot of repeat violations.’

While the current code of conduct isn’t quite up to par with federal regulations, it still falls under the Administrative Procedures Act of Washington. That means, the code isn’t only ‘rules for Central students,’ but an approved administrative policy.

This regulates how Central communicates with students about their violations.

According to DeShields, this is the part of the conduct process that is the hardest.

“The letters [we send] are very strict sounding, because we have to include all of this language,” DeShields said.

He said this can scare students but the school only needs more information regarding the violations.

Central deals with about 700 cases of conduct code violation per quarter.

In some cases provide difficulties, according to DeShields, Central has never had a case that was challenged through the courts.

DeShields and his team plan to keep it that way.

The new code has a lot of rewriting but, according to DeShields, not much overall is changing.

“It’s really about the appeal rights and making sure the language appropriate to fit all the federal requirements,” he said.

On Oct. 26, there was a public hearing to discuss the changes and allow formal comments.

DeShields and his team expect to implement the new code within the next two or three months if they receive a final approval from the board of trustees.

CWU internet is doing Wi-Fine

BY JARRIK FARRAND
Staff Reporter

Despite the constant murrering of complaints from students about Wi-Fi, Central, Central’s director of networks and operations, said that Central is better, than similar state schools in the northwest such as the University of Washington and Washington State University.

Over the past eight years, Central has been working on upgrading the campus network by implementing a 10 gigabit high-speed, fiber-optic backbone.

Highly-saturated areas, such as the SURC, experience peak hours between 8 a.m. to 9 a.m. and 12 p.m. to 3 p.m. Resident halls, on the other hand, peak during the hours between 8 a.m. to 9 a.m. and midnight.

The wireless access points (WAP) that are situated throughout the campus, have a trend, they certainly are concerned.

“Any numbers going up are a concern,” Kramer said. “And so the question is can we meet those needs? And I believe we do that.”

Preparing for the future

Miller says that the Ellensburg Police Department will continue to respond to the community’s needs through crisis intervention training (CIT), which is now required for all Washington state law enforcement, effective April 2015.

He added that while CIT has been around for about 10 years, law enforcement has always had some sort of psychological training.

“It’s always been part of the job,” Miller said. “There’s everything from 8-hour to 8-hour courses. We also have an officer-in-house who trains our guys in-service training. It’s so broadly available right now.”

Luvera added that the CWU Campus Police will also continue their crisis intervention training and continue to raise awareness on the campus college.

“We plan to offer an eight-hour class to first aid school districts so they can get better trained on mental health and identifying issues,” Kramer said. “We’ve talked with people in response to the needs within the community. We’re in front of the curve, one of the top in the state.

Even if the numbers do not draw any direct conclusions, one thing is for certain, the communities will continue to address mental health needs for many years in the future.

“Crisis” from P. 2

option, typically 3-14 days with a local ministry, private therapist or mental health counselor. And in rare cases, patients are transported to Bridges Evaluation and Treatment Center in Yakima.

In response to the growing numbers from KVFR and EPD, Kramer said that although he’s not sure if these numbers signify a trend, they certainly are concerning.

Luvera said. “Really what we’re trying to do is get the educational piece out there and make that information known. We [already] work closely with Comprehensive Health and our health and counseling center on campus, we’ll continue to do that.

KVFR will also continue its training class to ensure that person nel on developing communication skills to help them properly deal with mental health crisis situations.

For the first year, Comprehensive Health will track substance abuse in relation to mental health-related incidents.

They’ve also added a two-hour youth first aid class for teachers and schools to raise awareness about mental health issues, and are in the process of streamlining mental health counselors into the school system.

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Being safe, smart with drugs and alcohol

BY MATT ESCAMILLA

Staff Reporter

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The Observer

Having the opportunity to celebrate holidays on or around a college campus is part of the college experience.

With Halloween coming up, Central students will have the opportunity to celebrate with their Central family.

“Students go to parties. I think the average is like 60 parties a year that students attend,” said Chris De Villeneuve, executive director of the Student Medical and Counseling Clinic.

“If you cut down a percentage of the time that you drink or do drugs at those activities you will be healthier for it. Pay attention to what your body needs.”

Staying safe and making smart decisions is the most important part during any celebration.

There are a lot of different factors that can influence students in their drinking habits.

“I have talked with students who have said, from their perspective, being in Ellensburg is tough because it does have that party culture,” said Doug Fulp, health educator in the Central Wellness Center.

“While other students say they have felt really supported from the Ellensburg community because it doesn’t have the party nature where that student is from.”

Student infractions are going to happened during the school year, however.

“It is important for students to always remember the impacts that high risk drinking has on personal safety and our community,” said Richard DeShields Associate Dean for Student Living.

“These impacts include hospitalization, destruction of property in the community which reflects bad on all CWU students, impacts on future job opportunities, financial and legal consequences, and can even lead to death.

“We encourage students to always make safe decisions and help support our local community members by being respectful to personal property.”

DeShields mentioned that most students make low risk decisions regarding choices with alcohol.

During busy times of the year, where infractions increase the department sends out reminders about the dangers of risky behavior.

In order to lower student infractions, the Student Medical and Counseling Clinic views the first six weeks of any quarter as the most “on alert” time for them.

“That’s the time we are most likely to see problems occur, and if we can have a better hold on it then I think we decrease a lot of assaults and substance abuse issues especially with underclassmen,” said De Villeneuve.

If an individual does decide to have a drink or use other substances, Fulp said it is best to do so in a safe environment and have a plan.

“If you cut down a percentage of the time that you drink or do drugs at those activities you will be healthier for it. Pay attention to what your body needs.”

“Set a limit and stick with it,” Fulp said.

One thing to always remember, just because someone shows up to a social function doesn’t mean they want or have to drink.

“As college students you always want to avoid that celebration drinking experience. Where you’re just drinking because it’s a holiday,” said De Villeneuve.

According to Fulp, one third of Central’s student body doesn’t drink alcohol.

Fulp said another precaution is to always be aware of one’s surroundings. Students should make sure what they are drinking or doing is from a trusting friend.

“More of our students-especially if I talk to them when they have had a policy violation early and then they haven’t been sanctioned for awhile – a lot of them drink that as they get older and that’s a common thread for students who choose to drink more than the average,” Fulp said. “When they are younger they start to taper off by the end of college.”

If a person thinks their friends is struggling with substance abuse, De Villeneuve said there are signs to keep in mind.

“If you are consistently using alcohol or marijuana, the likelihood that you are getting up in time for class drops dramatically. [It] impairs ability to concentrate in class,” De Villeneuve said.

If a person wishes to seek help, there are AA meetings going on within Central’s community.

Doug Fulp teaches a course called Prime For Life, which educates students about substances.

The course is taught four times a year.

Fulp said that students should keep in mind the Wellness Center is completely non-judgmental when helping students and they shouldn’t be dissuaded from coming in.

“We are not going to tell a student what to do and what not to do,” Fulp said. “We are going to provide them with information to make informed decisions.”

Drinking Incidents

- Halloween 2014: 14 alcohol related incidents
- Halloween 2013: 11 alcohol related incidents
- Homecoming 2014: 10 alcohol related incidents
- Homecoming 2013: 22 alcohol related incidents
Beam me up, Scotty

A woman reported her lost blue/orange Star Trek wallet at 6:12 p.m. Thursday, Oct. 22. She said it happened around 2 p.m. that day.

A man shipped himself a revolver and was advised that he cannot pick it up for three days, the reporting party called with questions on Oct. 15 at 11:05 a.m.

Two curious elk legs were stuck in the sand near the volleyball court on Umtanum Road on Oct. 15, at 2:17 p.m.

A debit card was taken out of someone’s wallet and not given back on Oct. 16, at 1:13 a.m. There were no weapons or assault.

Two ‘golden dogs’ were running loose on 5th Street and Cleveland Street on Oct. 20 at 7:12 p.m.

A curious father said his daughter is attending Central and called to ask about the rules regarding their daughter carrying a tasers on campus on Oct. 22 at 11:12 a.m.

A disgruntled ex-wife cut the lock on the caller’s storage unit, and items are missing on Oct. 22 at 11:15 a.m.

A man who loves Halloween wants to carry real sledgeshammer with his costume downtown on Halloween and called to reference the legality of it, on Oct. 22 at 3:46 p.m.

A horse was in the road one mile south of Flying J Travel Plaza on Oct. 25 at 6:56 a.m.

Seven to eight alpacas and a male were loose on a roadway on Oct. 23 at 7:45 a.m, the caller believes they belong to a resident north of the address.

A person received multiple text messages accusing the reporting caller of doing things that are not true on Oct. 23 at 9:41 p.m. The last text was received at 5:57 p.m. She is concerned for her and her family’s safety. No direct threats were made.

An older male was talking about god and how he should president and became angry. On Oct. 24 at 10:55 a.m., he was confrontational. The man comes into the business daily. He used the restroom, bought a cigar, and started yelling at the caller.

A male subject urinated on the trees on the campus wide dialogue on mass incarceration, it could be a tool to understand prisons better in order to understand mass incarceration.

The Atlantic wrote a long and extremely well thought out article titled “When prison is a game” that discusses the viability of Prison Architect as a teaching tool. The article comes to the conclusion, as designed, the game is focused more on being a fun game than on social commentary, and thus does not accurately portray the issues of mass incarceration.

The article in the New Yorker’s article, said he started his prison with good intentions. He packed prisoners in his prison failed. His next prison was a “monument to frugality” where he packed prisoners in the east side yelling at him it’s private property.

It’s a well-made game, fun and highly rated, currently sitting on a score of four out of five on Metacritic and nine out of ten on Steam.

Beyond that, and especially for Central’s campus wide dialogue on mass incarceration, it could be a tool to understand prisons better in order to understand mass incarceration.

The game “Prison Architect” was released on Steam this month and it could lead to the year-long dialogue on mass incarceration that started this quarter at Central.

Prison Architect is a simulation building and management game about prisons. The player must build and maintain a prison in addition to managing the prisoners, staff, and administration connected on-site.

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The game doesn’t address the reasons behind prison overcrowding at all, but the player’s experience is one that can’t easily be found elsewhere - how can you rehabilitate and balance the budgets?

Whether the designers meant to or not, the game is about prisons. The player is given a name and a backstory, and it could lend to the year-long dialogue on mass incarceration that started this quarter at Central.

The plight of prisoners in America is hard to sympathize with because we know as much about actual prisoners as the players of Prison Architect know about their blobs of orange pixels. Not just that, but as a similar article in the New Yorker entitled “A clink of one’s own” stated, each inmate comes with a personal debt that each piece on a chessboard had each been given a name and a backstory, but it’s easy to overlook this detail once you become engrossed in balancing the books and drawing up the blueprints.

The game isn’t about prison reform. It’s about learning what it’s like to be one of the 2 million Americans in prison.

The game is, as I said before, not a perfect reflection of real life and not made exclusively as a social commentary, but also to be fun to play.

In that way, it’s obvious that playing the game isn’t going to give anyone the full breadth of experience or knowledge on the subject, but if you’re a gamer looking to immerse yourself in the topic even further, Prison Architect offers another possibly thought provoking view.
OPINION

Dress in costumes, not stereotypes

BY NICK HANSEN
Contributing Writer

Dress in costumes, not stereotypes

BY JULIAN MORENO/ILLUSTRATION NEWS EDITOR

Stereotyping people can be hurtful.

Recently, while perusing online sites for Halloween costumes, I saw the obvious ones: short skirt Cinderella, the sexy hot-dog, sexy nurse and the sexy-but-cute cat. And while a discussion about over-sexualized attire would certainly be appropriate, what caught my attention was the number of costumes that riffed on cultural stereotypes.

You know the type: Grisha girl, Native American (complete with feather headdress and faux buckskin bikini), Dia de los Muertos skeleton and Bollywood Harem Girl Belly Dance...

I don’t know when it became okay for Halloween to be a time when the culturally incorrect side sets in everyone shows its hideous colors. It’s not.

Halloween does not justify a person deciding it’s okay to slip on a wise heater undershirt, a flannel shirt buttoned only at the neck and a bandana around the forehead with a fake teardrop tattoo underneath the eye.

Additionally, a smattering of the words “homes” and “ese” just rounds out the unfortunate costume of a “cholo.”

The thing I don’t understand is why Halloween should be an excuse for people to dress up in costumes that are not only culturally offensive and possibly racist, but aren’t even accurate. Dia de los Muertos sugar skull makeup is beautiful, but the tradition is not “Mexican Halloween.” It’s a cultural celebration that isn’t related to Halloween—do some research.

That “Cherokee” costume of barely-there buckskin fringe and fur that only covers the important parts on your body?

It’s perpetuating a stereotype of Native American women being “sexy” and “exotic,” and according to the United States Department of Justice website, “American Indians are 2.5 percent more likely to experience sexual assault crimes compared to all other races, and one in three Indian women reports having been raped in her lifetime.”

So yeah, it’s a little offensive.

Another thing I want to mention: face paint. It’s cool if the Incredible Hulk or Star Fire is what inspired that costume. But if you just rounds out the unfortunate costume of “sexy” and “exotic,” and according to the United States Department of Justice website, “American Indians are 2.5 percent more likely to experience sexual assault crimes compared to all other races, and one in three Indian women reports having been raped in her lifetime.”

So yeah, it’s a little offensive. Another thing I want to mention: face paint. It’s cool if the Incredible Hulk or Star Fire is what inspired that costume. But if you...
Comic works CWU crowd with high-energy humor

BY DAKOTA SEGURA
Staff Reporter

Last Saturday night’s home-coming entertainment was co-
median Iliza Shlesinger, winner of “Last Comic Standing.”

She performed for a sold out
house of several hundred people in the SURC ballroom.

Students eagerly waited in
the crowded ballroom. When Shlesinger finally appeared on
stage, nearly everybody erupted
into a loud cheer.

Shlesinger stepped onto the
tage wearing a simple pair of
jeans, a t-shirt and boots, and
started with such energy that she
hardly took another breath for the rest of the show.

She began to test the crowd
with a little self-created Wildcat
cheer and a jab at West-
ern Washington University.

Then she went on to
poke a little fun at Ellens-
-ton and the Grinch

She also threw in some obser-
-vations about the fall season and
how she is not a fan of pumpkin
spice.

Shlesinger did a great job
swapping some routines in order
to include bits about Central or
college life, demonstrating her
awareness of the audience by
finding a way to keep
elder material fresh and
interesting.

The audience didn’t
have to wait too long
before Shlesinger
launched right into
her well-known
“party gob-
-lin” bit.

“We’ve all had a
night con-

Shlesinger began to pick on
audience members, asking
students what their
major was. Some
audience members covered
in their seats, while others shouted
out their majors
expectantly as Shlesinger walked
down the center
aisle.

During this
part of the show, Shlesinger spoke
trolled by our party goblin,”
Shlesinger said.

Shlesinger characterized this
party goblin with a gollum-like
voice and stature.

Though this act seemed to
be a crowd-favorite, at points it
seemed a bit drawn-out and
might have gone over better
with the crowd if she had ended
it at its high point.

Nevertheless, Shlesinger,
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voice and stature.

Though this act seemed to
be a crowd-favorite, at points it
seemed a bit drawn-out and
might have gone over better
with the crowd if she had ended
it at its high point.

Nevertheless, Shlesinger,
skilled at physical comedy, man-
aged to keep the audi-
ence engaged.

Shlesinger
began to pick on
audience members, asking
students what their
major was. Some
audience members covered
in their seats, while others shouted
out their majors
expectantly as Shlesinger walked
down the center
aisle.

During this
part of the show, Shlesinger spoke

For the most part, Shlesinger’s
routines were very much geared
for the general college popula-
tion, and it seemed, based on the
eproarious laughter throughout
her act, that she had the crowd’s
full approval.

Shlesinger scored points with
her quick-witted charm, ability
to pull in details from her sur-
roundings, fast-talking, skilled
voices and unique facial expres-
sions.

She closed the show by
bringing out her adorable dog,
Blanche, and singing “In the
Arms of an Angel” from the
well-known American Society
for the Prevention of Cruelty to
Animals commercial.

From the looks on the audi-
ence’s faces and the sounds of
laughter, it appeared that
Shlesinger’s performance was a
big hit with the crowd, as peo-
ple leaving the show continued
laughing.

Matheny makes music

BY THOMAS PATTISON
Staff Reporter

Central has long been a place
for talented young musicians to
show off and develop their skills
in the presence of experienced
professors, but from time to time
the music program brings in a
professional to help lead by ex-
ample.

This year that professional is
Dmitri Matheny, a talented fla-
gel horn (similar to the trumpet)
player with a gift for improvisa-
tional jazz music. Matheny and
central of Central’s jazz combos will be playing on Thursday, Nov. 5 at 7 p.m.

Chris Buyar, the director of
djazz activities, is the man in charge
of the four jazz combos that will be
performing with Matheny, and
he couldn’t be more excited
for the upcoming event.

“I just think it’s really impor-
tant for our small groups to play
with the pros,”Buyar said.

For those that aren’t familiar
with jazz, a combo is the name
given to a small group of jazz
musicians who play together.

Grad student Drew Baddely is
awarded that combos are spe-
cial.

“The beauty of playing in a
combo is in the intimacy” Badd-
dley said.

Baddely compared the dif-
ference between combo groups
and big band groups to meeting
someone in a crowded place as
opposed to meeting someone
in private.

“It’s going to be hard to have
the meaningfull conversation with
someone at a loud party; there’s
too much noise in the air. You’d
have a much better chance of
understanding the person in a
one-on-one scenario,” Baddely
said.

Ryan McNight, freshman
music performance major, knows
exactly what Baddely is talking
about when he says “intimacy.”

“No solo is ever the same and
everyone is able to tell a story
with their instruments ,” McK-
night said. “The possibilities
for improv jazz are endless.”

But, Matheny isn’t there just
to jam. He’s also there to teach
music students what it’s like to
play a real gig, but Central stu-
dents will only have one chance

to rehearse with Matheny.

Not only that, but the combo
groups won’t know exactly what
song they are going to play until
the day of the performance.

The obstacles that the jazz
combos are facing can be chal-
 lenging, but the students involved
in the program ultimately find it

improvable jazz helps prepare musi-
cians.

“If sometimes you don’t ever
get a rehearsal before a gig, that’s
how the real world works,” Law-
rence said.
Students and residents may have noticed closed-off streets and camera crews hanging around in downtown Ellensburg over the past few weeks. That’s because cast and crew members have been busy working on the feature film, “Second Nature,” which is expected to debut towards the end of 2016.

Breaking Gender Roles

“Second Nature” is a female-driven comedy,” said Michael Cross, Ellensburg native, as well as director, writer and producer of the new film. “It’s ‘Bridesmaids’ meets ‘Freaky Friday’.”

The film’s plot centers around a woman, played by actress Colleen Wolfe, and another lead character played by actor Sam Huntington, vying for the position of town mayor when a magical wish transports them into an alternate reality in which gender roles are reversed.

“In this world—men kind of run the world, but in the flipped world, women run the world,” said Carolan Sandberg, actress who plays the best friend and the lead character in the show.

According to Cross, this is a film that challenges gender roles and explores the effects of nurture versus nature when it comes to how people generally perceive themselves.

“In the first world within the film, I play a character named Primy, a waitress at the local bar,” actress Cosmndra Sjostrom said. “In the second world, I play Sheriff Primy.

Though a comedy at heart, “Second Nature” will take a critical look at gender stereotypes, while providing a fresh and interesting take on how we view gender roles.

“I get to be kind of meek—having a hard time standing up for myself and working at a bar doing grunt work without getting a lot in return,” Sandberg said. “In the other world, I take what I want and if I’m working, I want to get paid for it—I demand what I want’s mine.”

Bringing the Project to Life

Cross, a graduate of the University of Southern California School of Cinematic Arts, has been developing this project for several years.

He has a strong passion for filmmaking and didn’t want to wait until he had the right script to take his vision to reality.

“I started making movies at age eight just with a home video camera.”

Cross has been working on the script for the past six years. Along with co-writers JC Ford and Edi Zanidache, Cross has strived to perfect his screenplay.

According to Cross, having a team made up of both men and women has been especially helpful for the premise of the film. Throughout the years, they have put together a talented group of cast and crew and now they are finally ready to make this film happen.

“Michael has been holding script readings in Seattle…and I have a reading where I played the character that I’m playing in the film. I was able to read several versions of the script over the years,” Sandberg said.

Most recently, Sandberg has been in feature films such as “Brides to Be,” “Simple Creatures,” “Lady Killer.”

“It was pretty exciting because I’ve kind of been in it from the beginning, so I was pretty thrilled to see it through the end,” Sandberg said. “It’s been really cool, the crew are fantastic. They’re really sweet people—everybody’s really nice and helpful and by now we’re feeling kind of like a family.”

MOVIE FILMING

Staff prepares cameras and lights for filming the movie “Second Nature in Ellensburg”

The quiet atmosphere of the town makes it an ideal place for filming.

“It’s a great town. Lots of unique pockets of life,” Gyeney said. “It’s interesting filming a movie on location removed from a big city. You feel a bit like you’re in a time warp. The world stops while you’re filming.”

Perhaps one of the most unique experiences occurred while filming on the outskirts of town.

According to Zanidache, there have been some wildlife encounters while filming.

“I have never really spent time in the town and it’s been really, really cool. I’ve really enjoyed the time here because it’s a really cute town,” Sandberg said.

“Everybody’s so nice and it’s super clean. It’s been a really fun experience.”

Cross is excited to see his work come full circle and be back in the world he grew up in.

Perhaps the inclusion of Ellensburg in the film will help showcase just how unique and beautiful this town truly is.

Keep up with “Second Nature”


The cast and crew have worked tirelessly and ambitiously on this film and they have high hopes for its future success.

“Cross plans to submit “Second Nature” to top-tier film festivals and then hopes for a limited theatrical release, followed by TV on demand.”

Audiences can visit facebook.com/secondnaturemovie to follow along with the progress of “Second Nature.” The sites include set photos and more information about the cast and crew.

It is interesting filming a movie on location removed from a big city. You feel a bit like you’re in a time warp. The world stops while you make your movie.

—Nicholas Gyeney

Zanidache, who has written for a variety of films including “Matt’s Chance!” with Gyeney, was brought on to help scale down the script, so that it could be feasibly and successfully shot here in Ellensburg.

“Businesses have been very nice and cooperative,” Zanidache said, referring to the several places in town that have allowed production to close down several streets for filming.

“Being a third generation Ellensburg native, Cross believed the small town in “Second Nature” would make a perfect location for the fictional setting of “Louisburg.”

It is interesting filming a movie on location removed from a big city. You feel a bit like you’re in a time warp. The world stops while you make your movie.

—Nicholas Gyeney

CROSS is excited to see his characters being brought to life and made three-dimensional by his gifted cast.

Lead actress Wolfe is most known for appearances in “Interstellar” and “Hot Tub Time Machine.”

Lead actor Huntington has appeared in “Superman Returns” and stars in the TV series “Being Human.”

“Being a third generation Ellensburg native, Cross believed the film’s shooting location would make a perfect story for filming the movie. “It’s a great town. Lots of unique pockets of life,” Gyeney said. “It’s interesting filming a movie.”

Perhaps one of the most unique experiences occurred while filming in the outskirts of town.

According to Zanidache, there have been some wildlife encounters while filming.

One day, a deer wandered onto set and there was even a cougar sighting, which prompted cast and crew to begin traveling around town.

Overall, Ellensburg seems to have provided a great setting for the small town in “Second Nature.”

“I have never really spent time in the town and it’s been really, really cool. I’ve really enjoyed the time here because it’s a really cute town,” Sandberg said.

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Crime on Halloween

CODY NELSON
Staff Reporter

Over the last three years on Halloween, the Ellensburg Police Department has had to deal with an increased rate of crimes, involving DUIs, assaults, property damage, public urination, and noise complaints.

All of these crimes included the over consumption of alcohol. Halloween falls on a Saturday this year, making it important to remember there will be more police out.

Corporal Brian Melton, a Central campus officer of 15 years, shared some advice for the weekend.

“The big thing is to not drink in excess, if you’re old enough to. Remember to have a designated driver (DD). If you are the DD, one or two drinks are not okay. Be the DD if you say you will. Go out in a group and stay with that group. If you have a friend visiting, make sure they have your address on them,” Melton said. “If you don’t open it, it’s not yours, even water and other non-alcoholic beverages and don’t leave your drinks unattended.”

On Saturday, until midnight, any student can call (509)963-2950 and get a Courtesy Assistance Team to walk with them anywhere on campus.

Now that Halloween is falling on a Saturday, this possibly means an increasing number of crimes commonly committed on this night.

A DUI can mean the end of scholarships. No one wants to lose their driver’s license, and a $5,000 fine for a DUI is a lot to pay for a college student, especially with the price of college tuition.

Getting into a fight not only could mean getting hurt or hurting someone else, but, if you are downtown, it could mean gaining an assault charge.

“Everyone is out to have a good time; over consumption is the problem. I would say if you’re of legal drinking age. Know your limits and how you respond to alcohol,” Corporal Melton said.

One of the best ways to avoid making these mistakes is knowing yourself, your limits and how to know when you have had too much.

When you know you get angry and violent when you drink whiskey, maybe stick to beer. Maybe you’re like the Joe Nicole’s song “Tequila Makes Her Clothes Fall Off,” but it’s maybe not the best idea on Halloween.

Taylor Swift, senior biochemistry major, said that her first Halloween in Ellensburg wasn’t a great experience.

“Freshman year, one of my good friends got into a fight with a guy who was twice his size. Not only that, but three of the guys were just as big, joined in,” Swift said. “I had to pull him out and take him home and he was bleeding a lot.”

These types of events can ruin a night and are far from worth it.

For those of you planning to throw a party, remember a noise violation in Ellensburg is a $500 fine. Each noise violation after that increases another $500.

The most common areas that receive noise violations, according to the Ellensburg Police Department, are zones A15, A18, A20 and A21 (refer to map). Plus, there is a lot of damage caused by drunken college students. If you throw a party, it is always best to know who you are inviting.

Trevor Baumann, a former Central student, has seen a house party spin out of hand.

“We would throw house parties often, but we normally knew everyone who was there. Halloween, sophomore year, got out of hand,” Baumann said. “Holes in the walls, someone threw a bottle at the house next door, which was a family who had little kids that played in the yard.”

When you throw a house party, you are responsible for the actions of the people who are present. You might not have thrown the bottle, but you’re responsible for dealing with it.

“Someone, the next day, left a bag of video games on our porch with a note saying, ‘sorry for being that drunk asshole who steals when he drinks’, Baumann said.

They were lucky that this person felt bad about stealing their stuff. In total, around $400 worth of games was returned.

Everything that happens on Halloween this year is a choice and those choices can have major consequences. Keep that in mind this year and be safe.
Dia de los Muertos

BY VICTORIA SHAMELL
Assistant Scene Editor

While Halloween is big in America, Dia de los Muertos, or the Day of the Dead, is celebrated in Mexico.

The Center for Diversity and Social Justice (CDSJ) is busy preparing for the Dia de los Muertos celebration to be held in the SURC ballroom on Tuesday, Nov. 3 from 6 p.m. to 9 p.m.

Brief history

Armando Ortiz, junior English secondary education major, is a student programmer for CDSJ.

According to Ortiz, Day of the Dead started when La Catrina was created by José Guadalupe Posada, who was a journalist in Mexico. During Posada’s time as a journalist, his representation of Mexico was that it was going through a dark period.

“How he represented the Mexican government was drawing them as skulls and representing the people as them dying and things like that,” Ortiz said. “La Catrina was him embracing death and celebrating it.”

Day of the Dead is celebrated over a three day period. Oct. 31 is day one, and children build altars to invite the souls of children back to earth.

Nov. 1 is when the souls of adults are invited back to earth.

Nov. 2 is All Souls Day, when families go to cemeteries to visit and decorate the graves of dead relatives.

“The history behind it is celebrating the death because you’ve already mourned them. So now, every year, you have the chance to celebrate them for all the good they’ve brought to the world and all the good they bring to the afterlife,” Ortiz said.

Costume contest

During the CDSJ celebration, a costume contest will be held in the SURC to determine whose costume best represents El Catrin and La Catrina. La Catrina is a female skeleton who is a Day of the Dead icon, and El Catrin is her male counterpart.

“La’shawnda Mason, senior food and nutrition major, is a student programmer for CDSJ and one of the students helping to plan the Dia los de Muertos celebration.

“You can go traditional or you can go modern with your look for El Catrin or La Catrina, or you can do a combination of both. There is no gender limitations or anything like that making sure it’s family friendly, not too much cleavage, and/or the guys, El Catrin, don’t look like a pimp,” Mason said.

“It’s not a Halloween costume; this is a celebration,” Mason said.

“It gives students a chance to experience other culture that’s not theirs and get a hands-on experience.”

-Ma’shawnda Mason

Celebration in the SURC

At the start of the celebration, there will be Aztec dancers who will perform traditional dances, Mason said.

According to Mason, Movimiento Estudiantil Chihuahuense (MEChA) students will be some of the dancers in the show, and they’ll be taught by elders from Mexico.

After the dancing, there will be different tables set up for sugar skull decorating and kids will decorate bags with their sugar skulls on them as either El Catrin or La Catrina, Mason said.

There will also be paper flower making, a photo booth and face painting.

Sugar skulls, they’re made to kind of mock death, because this is a celebration of life. And so you can dress them any way you want, with either like a smiling face or happy face it doesn’t matter,” Ortiz said. “Sometimes they have real representations of how someone passed away and how they lived their life.”

At the feast there will be traditional Mexican food such as tacos, enchiladas, rice, beans, Day of the Dead bread and hot chocolate, Mason said.

The mariachi group, Mariachi de Aztlan (MEChA) will perform traditional dancing.

“I think it gives students a chance to experience some other culture that’s not theirs and get a hands-on experience,” Mason said.

“It’s gonna be a lot of fun no matter what your background is,” Ortiz said. “I guarantee that you’ll have fun learning and being around a diverse group of people that is at Central.”
If you build it, they will come.
At least that’s the mentality Mol-ly Allen and Michele Reilly of the Brooks Library had in mind for Jimmy B’s coffee shop.
“We want to provide a service to our students,” said Reilly, Associate Dean of Libraries. “That’s the real reason.”
The coffee shop is named after James Brooks, the past president of the university. There is no set opening date due to construction not being completed.
Allen, lead secretary for the library, said they did a survey online for ideas for food, seating, and operation hours. There was a lot of feedback from past stu-dents who have graduated. Addi-tionally, a range of students from freshmen to seniors participated in the survey.
Allen added they were dis-appointed that the coffee shop wasn’t built while many of them were still students at Central.
“They can expect new fea-tures and services,” Allen said. “The ability to come and study and stay longer.”
Prices will be similar to those everywhere else on campus with the added bonus of being able to pay with cash, debit, or credit card. However, students cannot use connection cards, said Reilly.
“We’ve been working on getting a coffee shop in the library for at least the last two and a half to three years,” Reilly said.
The pair said no funding will come from student fees. Most of the money was allocated from savings that had been put aside for new projects. The decision to use the money was made by a committee and was based on the feedback from students.
The library is also saving costs by recycling materials such as walls for the coffee shop. Addition-ally, reused and repurposed furniture will be used as seating for students. Dining services pro-vided equipment and a coffee cart.
Jimmy B’s will be located on the first floor of the library, next to the DVD section. Originally, the space had a garage-type roll top door that opens up, where students would buy their drinks and snacks at “the garage.”
Reilly and Allen said they wanted to create a coffee shop feel, so bistro style tables will be placed between the DVDs and the restrooms. The space was converted to a study area.
“We do not have a set date yet,” Reilly said about opening. They’re waiting on construction to be complete before setting a date, but a tentative timeline for opening is the first or second week of November.
Allen added, “But then again that all depends on construction… but it is coming soon.”
It’s very close—the cash reg-is ter just arrived, and is even sit-ting on Allen’s desk, waiting to be used.
Coffee is definitely the main priority, but the shop will also have other hot drinks and bottled drinks, as well as trail mix, pro-tein bars and the like.
The shop will have a variety of things people either can’t acquire on campus, or that are healthier than vending machine snacks.
“Brain food,” Allen added.
Ellensburg’s D&M Coffee will supply the beans, which are locally roasted in town.
Mark Holloway, owner of D&M, has been helping get the shop open and training students who will be working at Jimmy B’s as if they were being trained as D&M employees.
Allen added that in the past it’s been pick-up-and-go to get coffee or a snack, but with the incoming coffee shop, students won’t have to do that. Students won’t have to walk across campus to the SURC in the dark to get a coffee or a snack.
“We’re very excited,” said Reilly.

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Flying the Yak

BY AUSTIN BENNETT
Assistant Sports Editor

The Yakima River provides fly anglers with a great deal of fish to be caught ranging from spring-run Chinook salmon, to smallmouth bass. However, the fish of choice in this big Western river is the rainbow trout.

Rainbows can be fished out of the Yakima River every month out of the year. With each month, new flies hatch and new places to hide are found. The Yakima River is split into two different sections the upper and lower.

The upper section of the river runs 75 miles, from the Easton Dam to the Roza Dam. The upper river has a wide range of cold water trout, including rainbows, cutthroat and cutbows. Brook trout and bull trout are also there, but are much more rare than the others.

The lower river is considered to begin at the Roza dam and continues all the way to the mouth of the Columbia River. The lower river is geared more towards fish that require warmer water, but the rainbows are still in abundance.

The lower Yakima is suited better for fly anglers in drift boats due to the fact that there are fewer places to get off and fish from the bank. The upper is floatable as well, but presents more opportunities to get off and fish from the bank of the river.

"I enjoy the upper river for sure, because I’m competing with fewer anglers and have had more success up there," local fly angler Braxton MacKenzie said.

This fall has been unique for fly fishing due to all the warm weather Kittitas County has been having recently. During the fall, on an average year, trout will usually begin to pod up in the deeper waters of the river, but things have been changing.

"I’ve been finding fish all over the place: in the riffles, those big river flats, the big riffle dumps and around the boulders," Worley Bagger owner, Steve Worley, said. "Until we get those first few cold snaps where the night temperatures actually go down into the freezing levels, I don’t think we are going to see a transition period for fish."

Due to temperature drops in the water, the trout’s main source of food, flies, have stopped hatching, leaving more eggs to be eaten by the fish.

"Fish are the exact opposite of us...Me and you go to McDonald’s and chew down a Big Mac and fries—we go to go to the gym to burn this off," Worley said. "If a fish goes up and eats a big meal it just wants to sit there and rely on these calories for the next six to eight hours."

According to Worley, dry fly fishing really drives the sport more than any other type of fishing.

Heading into the month of November, trout on the Yakima start to feed on bait fish or even the flesh from the decomposing salmon.

Streamer fishing becomes more popular in the winter with fly anglers because fishers can mimic the motions of a bait fish with a streamer.

There are a few reasons the Yakima River has produced such a healthy amount of trout and anglers throughout the years.

The Yakima has been a selective-gey fishery for nearly 25 years; regulations are simple barbless hooks, no bait fishing and catch-and-release only.

The most important element has been wild species of fish co-habitating and reproducing.

It’s been 25 years since the Washington Department of Fish and Wildlife has stopped putting hatchery-raised fish into the Yakima, which directly benefited the wild species.

"Man cannot duplicate what mother nature can do better," Worley said.

Central senior un-Quirks the block party

BY ZAC HERETH
Sports Editor

Senior middle blocker Kaitlin Quirk is helping lead the charge for Central’s GNAC-leading volleyball team. She is one-half of Central’s front-line duo that is leading their NCAA Division II team with 2.99 blocks per set.

Quirk leads the team with 1.39 blocks per set, which is ninth with 2.99 blocks per set.

AT THE NET Kaitlin Quirk (right) leads the Wildcats in blocks. One of her favorite memories at Central was beating rival Western Washington University. “It’s just one of those moments where it’s just like pure joy after winning a game,” Quirk said.

She also cherishes the relationships she has built with her teammates in her time on the team.

“It sounds cheesy, but it’s literally just a family of girls,” Quirk said. “We may not all get along all the time, but you know you have probably some of the closest relationships you’re ever gonna have in your life.”

Kaitlin Quirk
Career Stats

Kills: 634
Assists: 27
Points: 920.5

Quirk leads the team with 1.39 blocks per set, which is ninth with 2.99 blocks per set.

Quirk leads the team with 1.39 blocks per set, which is ninth with 2.99 blocks per set.

Kaitlin Quirk said she looks up to her sister, and that Solum is someone who has been there for her on and off the court.

"She’s just always there telling me what I can do better, but then also right there to support me when I need someone to talk to," Kaitlin Quirk said.

Solum played volleyball at North Dakota State University and has been on the Central coaching staff since 2009.

To go along with being able to play with her sister on the sideline, Kaitlin Quirk has enjoyed playing for Andaya.

She said Andaya knows what he can get from each player, expects their best every day and gets that without being too harsh.

With her senior season of volleyball in the home stretch, Kaitlin Quirk, a public health major, is undecided on whether or not she will go for her master’s degree or try to find a job after this year.

One thing for sure is that she has a chance to make a huge impact for a team that is in position to make a big run at the end of the season.

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One thing for sure is that she has a chance to make a huge impact for a team that is in position to make a big run at the end of the season.

The team sits in a three-way tie for first place in the GNAC and finishes with five out of its last eight games at home.

After the season, Central will have to replace a leader and key producer in the middle.

“Shes not done, but thinking ahead we’re gonna miss her presence,” Andaya said.

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Faith leads wide receiver Zalk

By Jake Nelson
Ball Reporter

At 5-foot-8 and 160 pounds, wide receiver Jesse Zalk has never been the biggest guy on his football teams, but that hasn’t stopped him from being a successful player.

Zalk, a double major in communication studies and business, takes pride in playing football for Central on Saturdays.

“Being on a team where you go to war with everyone and everyone is your brother, you stick up for each other,” Zalk said. “It is fun to be a part of a winning program.

Zalk has already had a big impact in his Wildcat uniform.

In 2014, Zalk made First Team All-GNAC. But for Zalk, it is not about him; it is about putting the team first.

“Looking back at the legacy that other guys have left through the decades and hearing different stories of speakers that we have had come in and give us a pump up speech or motivational speech,” Zalk said. “To hear that the team and Wildcat pride it means a lot because it is not just about you.”

Being a part of Central’s football team is very important to Zalk, and he doesn’t take being a part of the brotherhood for granted.

Zalk, with a strong Christian faith, has been able to share with the team that there is more than just football.

“It is really important,” Zalk said. “I care for each and every guy on this team. Life is more than just football...so we talk about that and that there is more than just this life.”

Zalk being such a vocal leader, whether it is about football or his faith, and his impact on the football field has earned him the respect of his teammates; they named him one of the four captains of the team.

“It meant a lot,” Zalk said. “I was really honored. It is a cool thing because it just shows that the team respects the four guys that were chosen.”

Zalk, a 2012 graduate of Prairie High School in Vancouver, Wash., really enjoyed playing high school football. His coaches at Prairie helped guide him as a player.

“They definitely helped me realize the potential to get to the next level and doing things that would set you apart,” Zalk said. “A lot of it was the mental side. Ever since I was little I always wanted to play college football.”

Whether it is on the football field or off, Zalk has always had a great support system to help lead him.

“Biggest supporters are my wife Emily and my family too,” Zalk said.

Outside of playing football, Zalk enjoys spending time with Emily. They got married in July of 2014. He also enjoys throwing the football and playing catch.

For head coach Ian Shoemaker, it is a luxury to have a guy like Zalk on the team.

“Zalk is a leader on and off the field, but off the field as well.

“He is one of those guys that quietly goes about his business but the guys look at him as a leader,” Shoemaker said. “He leads by example and goes out and plays his tail off. He is a smaller guy, but guys look up to him in the way that he prepares and plays.”

For coach Shoemaker, what makes Zalk stand out as one of the leaders on the team is his play on the field.

“The playmaking ability,” Shoemaker said. “His willingness to put himself out there and go make a play.”

Even though Zalk is only a junior, he has already established himself as one of those guys who is the face of the program at Central.

“When you get voted captain and go out for a flip and kind of do those things, obviously he is going to be a high profile guy—especially when he scores touchdowns,” Shoemaker said. “He is definitely going to be one of those guys that leads you off the bus.”

Since Shoemaker became coach in 2014, Zalk has exceeded Shoemaker’s expectations.

“He is a tough kid and he is pretty tenacious when it comes to playing the game,” Shoemaker said. “We knew in our offensive offense that we were going to have a spot for him to make a lot of plays.”

Rivalry gone stale

The excitement and hatred in the Seahawks and 49ers rivalry is no more

By Zac Hereth
Sports Editor

The most intense rivalry in football over the last three years is officially over to me.

After watching last week’s boring game that featured the 49ers’ quarterback Colin Kaepernick sticking his tail between his legs at the sight of the Seahawks pass rush, I realized that this matchup will never be as exciting as the seven games played between the teams in 2012 and 2013.

Both teams having down seasons will always put a damper on the excitement for a rivalry game, but true blood always finds its way to the field in the best of rivalries.

When the Ravens and Steelers play, you see that emotion every time. I didn’t see that emotion from either the Seahawks or 49ers last week.

The absence of Jim Harbaugh’s pleated khakis and ugly scowl from the 49ers sideline just didn’t seem right.

The spark that Harbaugh and Seahawks coach Pete Carroll brought to the rivalry helped make it what it was. The rivalry between the coaches dated back to Carroll and Harbaugh’s USC versus Stanford days.

Harbaugh’s departure coincided with a complete rebuild for the 49ers defense and the disappearance of their quarterback’s passing ability.

I saw Kaepernick, at one time the most feared dual-threat quarterback in the NFL, look like an absolute shell of the player he was in 2012 and 2013. The regression started last season, but is growing ever more apparent this season.

Even in the blowout wins the Seahawks had at home during their rivalry’s peak-run, Kaepernick always seemed to be fighting.

But after his offensive line’s blocking resembled a matador stepping aside to let the bull by, the fight that he once brought to this rivalry seemed gone.

It seems that Richard Sherman’s tip in the NFC championship could be the play that goes down as the beginning to the end of Kaepernick and the 49ers’ relevance.

To go along with the lack of fight from the 49ers’ field general, there was none of the usual extracurricular activity on the field that fans of the teams had become used to. There wasn’t the usual scuffle after every play or constant trash-talk between the sides.

The Seahawks waited around for the 49ers in the second half, but they never came.

For once, it just seemed like another game.
Central's women's rugby team, ranked second in the nation, sent the Western Washington University (WWU) Vikings packing 119-0 in a home game on Oct. 25, making it their second game of the season to hit triple digits and bringing their overall record to 7-0.

“It was a developmental game where it allowed us to let all of our players get some practice,” head coach Mel Denham said. WWU “is currently in D2, and looking to move up to D1, so playing against us was a good chance for them to test their team and for us to work on our basics.”

With last game’s score, the Wildcats surpassed their previous highest score of the season, of 100, against Washington State University (WSU), and are starting to prepare for their next match against Oregon State University (OSU) on Saturday.

“Last year, [OSU] was more of a developmental game for us, but it is our first official league match of the season so we’re going out there like it’s any other game,” said senior Katerina Long, a center who joined the team in 2012.

Despite being developmental games, the team takes each opponent seriously in order to train and make sure that the new players have an opportunity to learn now that the team is getting larger.

“The team has definitely grown a lot. Our skill has a lot of depth now, and one of the major differences for that is the resources that we have,” Long said. “The weight room is available to us as a team, and we practice every day. We even have enough players to play both sides of the field.”

With this year being Long’s last season, she feels that it’s important that all of the new players are confident with their positions going into the next year.

“I’m excited to see everyone grow. We have a lot of freshmen joining this year, so we’re gaining a lot of depth,” Long said. “So we’re making sure that everyone is comfortable playing going into the playoffs.”

Long is confident about the team going forward, and excited to see the future of the team.

ON THE RUN Wildcat freshman Paige Wyatt breaks away from a Viking defender in Sunday's match.

“This is sophomore Valerie Tobin’s first year with women's rugby, and she uses the developmental games to practice her basics and try new roles on the field.

“They’re teaching me the formations, tackling and positioning. This is definitely a big change for me, but there’s good chemistry between me and the other players and I felt really good during the game,” said Tobin. Developmental “games have been very helpful, and every practice, if I have questions, the other players have helpful answers. They understand that I’m still learning and work with me to get better.”

As far as developmental games go, the team still takes into account the issues that they faced going against OSU last year, when the Wildcats came away with a 115-0 victory. Central will also be missing a few starters this time around.

“We played them last year and we struggled in the first half, but we’re expecting anything out of this year,” Denham said. “It’ll be good to play them with a full bench, but we have a few starters that are injured currently, so it’s good that we have a few [new] players stepping up to play this year.”
**Sports Update**

**Cross Country**

Central's women's cross country team had two runners finish in the top seven, leading to a third place team finish at the GNAC championship in Bellingham, Wash., last Saturday.

Senior Dani Eggleston was Central's top performer, finishing fifth with a time of 21:58.60 in the 6K race, followed by senior Megan Rogers just under eight seconds later, which placed her seventh.

Freshman Alex Shindruk also had a strong showing, finishing 11th with a time of 22:57.00.

The men's team didn't fair as well, finishing sixth in the 11-team race.

Sophomore Alex Martinez was the team's top finisher, placing 26th with a time of 26:32.20 in the 8K event.

**Football**

Central couldn't get going on the ground in a 42-17 loss to Humboldt State University (HSU) at Homecoming.

Central was out-rushed 235-48 by HSU's rushing attack headed by Ja'Quan Gardner, second in NCAA Division II in rushing yards.

Wide receiver Jesse Zalk was able to extend his GNAC leading receiving-yard total to 631 yards. This comes after after his fourth straight game with at least 100 receiving yard and one touchdown.

Central dropped to 1-3 in conference play on the season.

The team will have a bye week before the next game at Simon Fraser University (SFU).

**Soccer**

It was a big weekend offensively for Central's women's soccer team, which kept its GNAC tournament hopes alive with a 5-2 victory over Simon Fraser University and a 1-1 tie with Seattle Pacific University. The Wildcats moved to second overall in the GNAC in goals.

Senior Reilly Retz scored in both games and the Wildcats moved to second overall in the GNAC in goals.

The team finishes the season with games against Concordia University (CU) at home and Montana State University Billings on the road.

**Volleyball**

An upset win over Western Washington University (WWU) on the road Saturday, Oct. 24 catapulted Central into a four-way tie for first place in the GNAC.

The Wildcats took care of SFU 3-2 on Thursday, Oct. 22, giving them an opportunity to catch WWU in their following game.

The Wildcats escaped with their first victory in Bellingham since 2005.

Central earned the 25th spot in the American Volleyball Coaches Association Top 25 poll.

**GNAC Standings**

**Football**

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**Volleyball**

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**Soccer**

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