Cannabis Central opens newer, bigger store

By Elliott Llera
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Ellensburg’s first recreational marijuana store, Cannabis Central, is officially open for business in a new building just yards away from its original location.

According to owner Rob Hendrix, the need for a new building presented itself within days of his old shop’s grand opening.

“We opened on August 25, 2015, and I decided that we needed to expand around September 1, 2015,” Hendrix said with a laugh. “There just wasn’t enough space.”

The space issue caused several problems. “We had no back-stock capability so we were constantly having to be resupplied,” Hendrix said. “Now we’ll be able to make major purchases and get good buys.”

Tyler Fulgham is required to show up to drug court at 5 p.m. every Tuesday. Here, participants get one-on-one time with Judge Scott Sparks and Emily Brown to discuss how treatment has been going that week.

Kittitas County Drug Court has helped about 70 users get and stay clean – felony free

By Jonathan Glover
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Tyler Fulgham was 16 years old the first time he smoked meth. He had just gotten out of church when one of his friends handed him a pipe and told him to smoke it.

Fulgham didn’t recognize the smooth, rocky chunks filling the bowl. They almost looked like rock candy. So he asked his friend what it was.

“It’s glass,” his friend replied.

Fulgham smoked it. And for the next decade and a half, Fulgham continued to smoke it.

“A lot of addicts will say that you’re always trying to get back to that first high,” he says.

By the time he was pushing into his 30s, Fulgham’s past had finally caught up to him. A string of DUIs landed him in jail in 2013, and rather than take the hit of a felony on his record, Fulgham decided it might be a good idea to finally get clean.

“I really wasn’t getting anywhere in my life,” he says. “So I thought, ‘What the hell?’”

Late last year, Fulgham applied to Kittitas County Drug Court – a special court that absolves drug-related felony charges after a grueling sober treatment course. It’s not open to just anyone and it’s hard, but Fulgham applied anyway.

On Dec. 22, 2015, he got in and joined about 15 other individuals working to remove a felony from their record and a lifestyle ingrained in their heads.

Like the name suggests, the special court exists to offer treatment to drug users, rather than simply handing down a jail sentence. For Fulgham, that meant a second chance at life.

“I’m blessed with a chance to do this,” says Fulgham, who started school full-time last quarter at Central. “I’m 31 and I don’t want to spend the next four years of my life in jail.”

Central is ready to Rock against Rape

By Sarah Hoot
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Sexual assault is an uncomfortable subject, but Central’s Wellness Center is working to bring this topic into the light with its annual Rock Against Rape next Wednesday, April 27.

The event has grown over the eight years that it has been put on. This year the center is expecting to have around 400 people in attendance.

According to Baylee Beutel, senior interdisciplinary studies major, the purpose of Rock Against Rape is to raise awareness about rape both on campus and in the community, as well as to encourage activism and change in the environment.

Beutel is in charge of organizing the event this year, but the last two years she worked as a volunteer.
Cannabis Central opened up its new shop recently and will start offering medical marijuana along with recreational on July 1.

According to Hendrix, the lack of space also complicated business operations with processors. With no storage, employees had to merchandise products immediately, delivering meanings could often only be taken early in the morning.

“There were many days where we’d be getting to work at 8 a.m. to accommodate everyone’s schedules so we could accept the delivery, get it paid for, and have it up in the store by 10 a.m.,” Hendrix said. “They all worked with me though.”

The new shop is a former house to a retail outlet.

“When the state started accepting applications for medical marijuana, we had the chance to buy a new address,” Hendrix said. “There were many days where we were going to insist that we do a change of location, which gives us an entirely new license number and makes us go through all of the steps that you would if you were getting a brand new license.”

The impending merger of the recreational and medical marijuana markets also contributed to Hendrix’s urgency to upgrade space. On July 1, medical patients will be able to buy their marijuana at recreational shops. When the state started accepting applications for medical endorsements, Hendrix said he immediately raised his hand to get on board.

“Having more patients come in, it helps us out of the back of our minds that it’d be perfect,” he said. “We wanted separation for patient privacy so maybe if we’ve got a 65-year-old PTSD sufferer, we’ll be able to sit in here and talk for a little bit without bringing right next to the 21-year-old stud who just want to get stoned.”

After the initial opening week, Hendrix said customers are overwhelmingly happy with the new location and the larger selection of products available.

“I loved that little 210-square-foot shop,” he said. “Nobody generated more tax money per square foot than that place. It was terrible efficient and got us off the ground as a business. It was our little Mercru- ry but now this is our Apollo.”

I’ve spent many months thinking about what I would write here. Thinking about what I would say. Thinking about how to move on.

Last weekend was one of the hardest weekends of my life. Not because I felt comforted — actually, we’ll get to that — but because I felt so bad for everybody I had personally hurt with the addition of the “We Observed You” column into the paper.

I’m not looking for sympathy and I really don’t deserve any. I’m just trying to level with everyone: It’s not easy knowing that people are upset with you in the wrong for doing so.

It’s hardest knowing that Ian (the person who photographed and wrote about) didn’t deserve in any way, shape or form, the publicity he got with our child-  

I hope in the future, our relationship to the student body and community isn’t so dichoto- 

Do you know how many comments were on Julia’s story, which featured two harrowing accounts of racism targeted at Muslim students recounted by two heroic and brave individuals? And one was from a community member who said she wanted to see facts relat- 

I had personally hurt with the “We Observed You” column? Ten.

It was hard to move on. I would say . Thinking about what I could write here. Thinking about what I would say. Thinking about how to move on.

Hendrix thought the process would move quickly considering the new store is on the same parcel of land, owned by the same property owner, and even has the same basic address.

“My goal originally was to be open on March 14,” Hendrix said. “But two weeks in, we found out that they were going to insist that we do a change of location, which gives us an entirely new license number and makes us go through all of the steps that you would if you were getting a brand new license.”

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Faculty turn down gen ed proposal

By Kailan Manandic

Central’s Faculty Senate hit another stalemate in its attempts to revamp the general education program.

The Faculty Senate’s latest attempt to move forward on re-forming Central’s general education program was shot down at the most recent meeting on April 6. The general education committee proposed a program with rearranged classes which lead to an impasse within the senate.

“There is no dialogue going on here,” said Desiree Mix, senior sociology major. “I believe it is a better program than has been in place,” he said. “If it’s not doing what we want it to do, then we should change it.”

“One of my biggest concerns was that somebody could graduate in the social science breadth area and not have taken a class at all in the traditional areas,” Schaefer said.

Schaefer said he believes that classes taught by a certain department should not count as college credits towards a different department.

“There are things that cross fields,” he said, “but if we have a politics and literature class should that be able to count in your humanities and literature stuff? I don’t think so, because we’re not teaching it the same way.”

On the other side of the impasse, some members of the Faculty Senate supported the new program. Rebecca Pearson, associate professor of health, educational administration and movement studies, said she thinks the senate should have moved forward on the latest proposal.

“I believe it is a better program than has been in place,” she said. “I would like to see students offered the opportunity to take new courses in fulfillment of this important requirement.”

It is difficult for the senate to agree on a program because there are so many departments involved, according to Schaefer. Schaefer said he thinks that until a new framework for general education is developed, the senate should uphold the old one.

“No system is going to be perfect and I think it depends on what the faculty want students to get out of it,” he said. “If it’s not doing what we want it to do, then we should change, but I think we need a clearer idea of what we want out of it.”

One thing certain at Central: bad parking

Students continue to deal with the poor parking issues

By Clarissa Posner

Parking services at Central has upset many students because of a lack of parking spots during busy times throughout the day. It has been an ongoing controversy and there has been both negative and positive feedback from students and faculty.

“Parking on campus seems to be a complete hassle for everyone. I don’t have a parking permit because they are expensive, and you still aren’t promised a parking spot near your class,” said Alison Fisher, a junior elementary education major.

This has been a common issue for many students makes many of them question the system and if buying a pass is worth the money.

Students with parking permits from September to June are required to pay $190 to park in Central’s lots. There is also the option to pay quarterly, which costs $96 for fall, winter and spring, and $80 for a summer quarter parking pass.

There are 19 permit required parking lots around Central’s campus. During weekdays, permits are required for lots from 7:30 a.m. to 4:30 p.m.

“After 4:30 p.m. it is available for anyone to park in the lots, however parking is not available from 2 a.m. to 6 a.m. in many lots. Weekends do not require cars to have permits to park. There are a total of four free lots that anyone is able to park in.”

“Parking services at Central is a complete hassle for every one. I don’t have a parking permit because they are expensive, and you still aren’t promised a parking spot near your class,” said Alison Fisher, a junior elementary education major.

“Parking services at Central is a complete hassle for everyone. I don’t have a parking permit because they are expensive, and you still aren’t promised a parking spot near your class,” said Alison Fisher, a junior elementary education major.

“A lot of people end up having to circle around the parking lot several times before finding a spot.”

Desiree Mix, Senior Sociology major

“A lot of people end up having to circle around the parking lot several times before finding a spot and are sometimes late to class,” Desiree Mix, senior sociology major said.

Students also expressed the upside of having a parking permit, especially during winter quarter.

“You can drive to class when it’s raining so you are not drenched from rain or snow when you get to class. You don’t have to worry about parking tickets with parking passes as well,” Mix said.

However, some students have expressed that difficulties finding parking spots have negatively affected their education because they are late to classes.

“People are late to class all the time due to not being able to find a parking spot, and then it interrupts the whole class and the individual’s education. The school should create another parking lot near campus, or at least lower the cost of parking passes since students aren’t promised a spot every day,” Fisher said. “I personally do not think parking passes are worth it, and would rather spend the time walking to and from class.”

No system is going to be perfect and I think it depends on what the faculty want students to get out of it,” he said. “If it’s not doing what we want it to do, then we should change, but I think we need a clearer idea of what we want out of it.”
Rest assured — it’s probably not pink eye

Pink eye scare around campus is most likely seasonal allergies

By Kory Hollingsworth
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In recent weeks, the number of reported cases of pinkeye affecting students has increased here at Central. However, these reports have been dismissed as false or discovered to be seasonal allergies instead of an infection.

Conjunctivitis, colloquially known as pinkeye, is an infection affecting parts of the eye. According to the Mayo Clinic, “Pink eye [conjunctivitis] is an inflammation or infection of the transparent membrane [conjunctiva] that lines your eyelid and covers the white part of your eyeball.” The Mayo Clinic also states the infection can be both a bacterial or viral infection.

Has Central’s medical staff seen evidence of a pink-eye outbreak? “Not recently, we have not had an increased number of patients with pink-eye. We will see a few over the school year,” said Ginger Longo, M.D., Medical Director at the Student Medical and Counseling Clinic (SMACC). Longo warns that pinkeye infections can be contracted from a number of sources.

“Some students are showing up with symptoms of pinkeye, especially viral, that can be very contagious if they are not washing their hands and using shared devices like keyboards or phones or even [computer] labs,” Longo said.

Longo later stated that dorm rooms and other close-proximity quarters may further the spread of infections.

Within on-campus university housing, few cases have been reported.

“We periodically will have a student notify us that they are dealing with that [pink eye] and when we do, our staff will make sure the students have reached out to the medical clinic,” said Richard DeShields, associate dean of student success.

DeShields said the University Housing and New Student Programs (UHNSP) takes precautionary measures when dealing with common infections such as pinkeye.

Red, irritated eyes are typical symptoms of both seasonal allergies and pinkeye infections.

Most of the pinkeye scares around campus are most likely just symptoms related to allergies due to the seasons changing.

“Students often times, they may have some symptoms and think, ‘Oh I’ll just get over it’ and they won’t necessarily try and treat it…” DeShields said, “…Because the access to healthcare is pretty easy for students, they shouldn’t wait.”

When asked what students should be looking out for, DeShields said that it is not a viral or bacterial infection currently affecting students, but stubbornness. He believes students need to seek help [medical or mental] when they need it, rather than try to solve a problem on their own.

“Students, often times when they’re dealing with stress, when they’re dealing with relationship problems, they think that they can just resolve it themselves,” DeShields said. “They may not use the counseling clinic because we still have some stigma with counseling thinking that only people who are dealing with some type of mental health crisis would use counseling. Counseling is there for so many other services.”
By Ray Payne
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A recent wave of Donald Trump related chalk drawings have been appearing on campus, leading some to question who is behind it, and whether or not chalk drawings are allowed.

“Facilities does not remove free speech writings from the sidewalks, however we will remove writings that violate hate crime laws, are obscene or offensive in nature,” said Michael Moon, executive director of facilities management and maintenance. “Support or opposition for various political issues qualifies under free speech.”

The only time when facilities will respond to chalk on the sidewalks is when the drawings are no longer protected speech due to being obscene or hateful. The act of writing obscene or offensive messages in chalk falls under the disruptive or obstructive conduct policy by the university. If someone is discovered in the act by campus police, this would lead to disciplinary action against the offender.

The chalk drawings at Central, which are not considered “obscene” or “offensive,” are part of a larger coordinated effort by the chapters of Students for Trump in Washington.

“The chalking going around campuses is a response to the accused hate speech of [Emory] University,” said Isaiah Ammon, Washington state director of Students for Trump.

The Emory Wheel quoted Wagner asking “was it really just a message about a political preference, a candidate preference, or was it a harsher message,” in reference to writing pro-Trump statements.

At Central, Students for Trump is the organization behind the Trump drawings on campus. Students for Trump is a student led organization that hasn’t been officially recognized but supports the Trump campaign. The organization has chapters in over 40 states.

According to the organization’s website, students can help the campaign by spreading the word through a “positive image,” using social media to inform others and becoming a member.

The goal of these chapters is to boost awareness, provide information, and gather youth support for Donald Trump. However, due to recent events at Emory University, some chapters like the one at Central, are now focused on showing support for freedom of speech and protecting political messages.

“Writing on the public sidewalks in chalk is protected under free speech unless it is obscene, offensive, in violation of hate crime laws or specific University policy,” said Moon.
A little perspective on last week’s debacle

By Mikaila Wilkerson

You may have heard about our infamous section entitled “We Observed You” by now. People have been talking about it, people have been speaking against it (some more harshly than others), but the fact is that this is a controversial topic now out there for the whole campus to hear/read about. This is merely my own, personal take on this matter.

Looking at both sides of this subject, we can all see that on one side, the public is outraged that these photos were taken of oblivious people who had small, yet in-depth tirades written. On the other side, the spectrum, we see that the reporters had the idea of writing about things or people that seemed more “out there” than what we are used to seeing on a day-to-day basis. I can sympathize with reporters on the idea that they were trying to catch what they thought the public and students would find interesting to read about. I do not believe that the intent of this section was to cause any sort of bullying or harm towards any individuals, but merely to point out who the interesting people were on campus and to bring them to the attention of fellow students.

However, putting myself into the shoes of those who were photographed, I also believe that this section had not been as well thought-out as the editors may have originally thought. There is a big difference between what the reporters and editors see as being a fun and interesting idea and what the readers and those being photographed are seeing and experiencing – and that difference was made known through this section in the recent student paper that was released.

Would you or I have wanted our photos taken without our consent and having them plastered in the papers? If your answer is yes, then you and I have a completely different way of thinking. Hell, you probably have a completely different way of thinking than the majority of folks here on campus or in the community.

The bottom line is, even if this section was not meant to be a ridiculing or degrading piece (which I strongly believe the intent was not for it to be), most people are not going to like the idea of having their picture taken due to the fact that that can be very uncomfortable.

Some (or many) may not have liked this new addition to the paper, but those who made the section have come out with a full apology and have seen that this sort of idea just might not work for this kind of paper.

No matter how you feel about this subject, bear in mind that these reporters are all students who will go through trial and error periods. This idea may have been on the more error-side of the spectrum, but that adds to the learning experience. At least now, we know what will and won’t work with the Observer.

The down-low on gen eds

By Kailan Manandic

There’s been a lot of stuff going down recently regarding the faculty senate and the general education program here at Central. It’s all very confusing and boils down to the fact that the faculty senate and the general education program aren’t on the same page.

Diff erent departments can’t come to an agreement on gen eds. But should students care?

I sure as hell had no idea people were on campus and was trying to off er better class options for students to take under the general education program. This wouldn’t change much other than presumably improve class diversity and change around where class credits go.

Initially, this seems like it could create some problems for current students. If those requirements change, in the middle of a student’s first years at college, it could mess with their graduation trajectory. Mass panic ensues as they race to the advisor’s office behind the 2,000 other frantic students.

Ideally, the administration isn’t that stupid. Whenever the faculty senate finally agrees on a new program and implements it, current students could be either grandfathered into the old requirements, or have their credits transferred over to the new system.

It wouldn’t matter for current students or new students. Most of us probably wouldn’t even see the difference. A lot of this is just bureaucratic bullshit blown out of proportion.

However, general education is something students don’t explore as much as they should. I sure as hell had no idea what I wanted to do before I was out of college. Then, on a whim, I took Journalism 101 and found something I was slightly less than good at, but something I enjoyed.

General education isn’t just about jumping through hoops to fulfill some requirements, it gives you a chance to find things you’re actually interested in.

General education isn’t just about jumping through hoops to fulfill some requirements, it gives you a chance to find things you’re actually interested in. You’re sinking hundreds of dollars into debt by the hour so why not take classes you’d enjoy?

Those math and science classes are a bitch to sit through, but they’re daily so it’d be fine to skip two or 20 days. I’d rather find a class that would kill me to miss instead of kill me to sit through.

General education gives students an opportunity to find subjects they’re actually interested in. Become that one kid who enjoys extra homework and even try to make it your real work.

This could be your last chance to find the thing you’re passionate about or just take a cool class while you’re spending all this money.
Iron Horse Brewery, which was established in 2008, recently created a menu that not only features the brewery’s beers but also various sorts of food that are now available.

Our bartender and server at Iron Horse who wished to remain anonymous said that the bathrooms and kitchen were renovated over the summer in anticipation of the restaurant serving food. The ultimate decision to sell food to customers was made during last summer as well.

“I don’t know if there was an actual discussion day,” the server said with a laugh, “but we’ve always had a full kitchen and supplies [to make food].”

The best part of working at Iron Horse to them is the people who come in, whether they are passing through or if they are people who come in regularly with their friends and family. They make working at the brewery worthwhile as they are all nice and friendly.

Service at Iron Horse has been good since they’ve started selling food, the server said. Some of the most popular foods on the menu include the finger guns beer pretzel, the Korean short ribs and pickled chicken thighs.

Iron Horse gives its customers feedback forms which the customers can use to share their experience. The brewery has received all positive feedback. There may be some changes in the menu from time to time, depending on what is more in season, but there won’t be any drastic changes in the near future.

“The owners wanted to do something other places in town don’t do and they didn’t want to step on anybody’s toes with the food thing,” Karina Mohan, a fellow bartender and server, said.

Mohan, who also started working at Iron Horse in December, said that the pickled chicken thighs and the Kevin Bacon dates are a big hit with all of the employees at Iron Horse.

Mohan is in the craft and brewing program at Central. She decided to work at Iron Horse because she wanted to work somewhere that was relevant to what she’s studying.

“I don’t feel stuck in the middle. I’m both excited that I’m learning about something other places in town don’t do and they didn’t want to step on anybody’s toes with the food thing,” Karina Mohan, a fellow bartender and server at Iron Horse said.

For myself, I feel stuck in the middle. I’m both excited that a film could be made from one of my favorite stories and also wary. - Marie Harr, Senior Film Journalism Major

Iron Horse Brewery just started offering a food menu along with their drink menu last month. All the food is $20 or less.

The ultimate decision to cast two Caucasian actors who originally had been based on the Inuit culture and race.

Iron Horse to them is the people who originally had been based on the Inuit culture and race.

Even more recently, we saw, in an equally questionable decision, the Egyptian gods in the film “Gods of Egypt” played by an overwhelmingly white cast.

Critics of whitewashing in Hollywood see a larger trend that consists of diverse peoples and cultures, and wonders what the heck Hollywood is thinking with these tone-deaf decisions.

In a vlog he posted to his YouTube channel Uptomyknees on April 15, Max Landis, writter of “Chronic,” said critics blaming the studio didn’t understand Hollywood’s system.

To that, Landis misfired. However, he did make the important point that Johansson has star power.

Hollywood isn’t known for taking risks on new properties without putting high-powered stars behind them, in order to guarantee at least some name and interest.

Hollywood could mess it up.
Drug court is the place where those who enter drug court fail out), but they've since changed. When someone misses a meeting, she doesn't coddle them.

And it couldn't have come at a better time. Kittitas County’s Drug Court’s deputy prosecutor since 2003, when the program started, is Emily Brown. She says Kittitas County’s system was “free” – they don’t have to spend a minute in jail. But they do have an intense 16-month long process of getting and staying clean.

They have to go to sober support groups, pass almost-daily urinalysis screenings, finish their GED if they don’t have a diploma, and find employment before they can graduate. It’s hard, and those running it say fewer than half of the people who enter drug court fail out.

In Kittitas County, it all started with Emily Brown, Kittitas County’s Drug Court coordinator since 2003, when the program started, and a therapeutic courts manager at Merit Resource Services.

“If we can get these people clean, then they’re not coming back and committing drug crimes,” Brown says.

Brown has weekly meetings with everyone enrolled in drug court. Right now, that’s 19 meetings a week. Her eyes are tired, and she talks to her participants like a stern mother. When someone misses a meeting, she doesn’t coddle them.

And it’s tough. That’s why, since drug court in Kittitas County began, it has helped 82 people become clean and sober. Some relapsed and committed another felony – 12 people to be exact – but most have stayed clean.

Candace Hooper has been drug court’s deputy prosecutor since the program started. She says Kittitas County’s system followed a national model that seemed to be working in other states and countries. At first there were a few growing pains (the first patient in drug court failed out), but they’ve since honed the court to the best of their abilities.

Not only did they find that it was cheaper to work with users for 16 months on getting clean rather than incarcerating them for months, maybe even years. (Hooper says many drug users are repeat offenders and end up back in jail as soon as they get out). But it was also changing people’s lives.

“We see results,” Hooper says. “Drug court works. It doesn’t work perfectly, but it works.”

And it couldn’t have come at a better time. Kittitas County and other court systems in Washington state were seeing a trend. Illegal drug use had been rising since the mid 2000s, and now, she says, opiate-related drug charges are the highest she’s ever seen.

“We think about 80 percent of our crimes are committed because of drugs,” Hooper says. “We don’t know if that’s true, but that’s just the sense we get.”

While concrete reasons for the increase in illegal-drug use vary depending on which public health worker you ask, a constant is the amount of legal painkillers being prescribed. People take them, get addicted, then look for the next best thing, which is often heroin or meth.

In 1999 a study by the University of Washington Alcohol & Drug Abuse Institute (UW ADBI), Washington state admitted 318 participants on prescription painkiller-related issues. In 2010, that number jumped to 4,898. For heroin-related treatment admissions, there were 4,152 in 1999 and 6,914 in 2010.

And Kittitas County is no different. In many cases, it echoes these national and state trends.

“I bet if you went into 10 houses in Ellensburg, eight of them would have prescription drugs inside,” said Judge Scott Sparks, who has been presiding over Kittitas County’s Drug Court since 2011. “It’s easy to get your hands on these.”

Judge Sparks has been a Kittitas County Superior Court judge for over a decade. And he was a defense attorney for even longer. He’s seen it all: every drug, every user, every story attached to both.

“When I was practicing as a defense attorney, I had to wait two or three days to talk to the person if they were a drug client,” Sparks says. “I couldn’t have a meaningful conversation with them as an attorney, not until things had gotten out of their system for a few days.”

As one of two superior court judges in Kittitas County – and the primary judge in charge of the criminal docket – Sparks sees a lot of the same faces over and over. People get arrested, get out, reoffend. Rinse and repeat.

“I still think that the population of our jail, if you take away drugs and alcohol, the population would probably be one tenth of what it is now,” Sparks says. “Most of the crimes in some fashion are related to the drug world. It’s tough.”

Drug court has three distinct phases that get easier and easier as the participants progress. Phase one is the most intense and requires three urinalysis tests a week, in addition to weekly gatherings.

Good evening everyone, please be seated,” Judge Sparks says as he enters the courtroom each Tuesday at 5 p.m. When he speaks, his mouth and thick grey goatee are warped from smiling too much. He addresses everyone by name, and the only thing shiner than his teeth is his bald head.

The uncomfortable oak benches are filled with rows of people fighting to stay clean. Some are focused forward; others are turned to talk to friends or people who understand just what in the hell they’re actually going through.

When Judge Sparks calls a name, it means it’s time to face the hot seat. If everything’s going well, and they haven’t missed...
Drug court has three distinct phases that get easier and easier as the participants progress. Phase one is the most... Patients are also required to come to every drug court gathering on Tuesdays. After that, it gets progressively easier.

Drug court is the grace of God

Each case and person are different well, that’s a different story.

But if everything isn’t going well, that’s a different story.

I applaud all of you guys and gals. I really am impressed. I think I’ve seen almost everyone in here in jail. And it’s so nice when I see you in civilian clothing. And with smiles.

Everybody in drug court has a different story. It might be a possession charge (a felony in every state as part of America’s “war on drugs”) or anything related to drug abuse such as theft or burglary. Drug court doesn’t accept anyone with a felony charge – however, they must be a first offender, and it must be mild.

Kyle Collins, 26, was busted for allegedly stealing a calculator and for having meth, heroin and prescription pill bottles. Darlene Canady, 36, was charged with second-degree theft and identity theft, in addition to possession of meth.

Matthew Menannae, 20, allegedly used a stolen EBT card to purchase $100 of groceries from Safeway. And after almost a full year of drug court and being taken away twice for incompetent treatment after failing a urinalysis, he’s into phase two (out of five) of the program.

I try to treat everybody with respect. I don’t care if they murdered someone, they’re still a human being.” Judge Sparks says. “Their very worst moment in their life shouldn’t define who they are.”

And there’s a reason every one takes it so seriously. According to data gathered by UW ADBI, Kittitas County didn’t register a single prescription and/or heroin death from 2002 to 2004. But between the years of 2011 to 2013, the county had an annual rate of 9.6 deaths per 100,000 people – a full point above the state average.

The joke used to be that we only ask them to change one thing, and that’s everything.” Brown, the drug court coordinator, says.

One participant, Jeffrey Smith (who didn’t want his real name used), 21, is a junior at Central Washington University. His treatment has been going well for months, and each week he gets a kudo. He doesn’t like chocolate, so Judge Sparks sometimes gives him gold necklaces instead. Other times, it’s just verbal recognition.

Smith has long, blonde hair that he keeps in a bun. He devotes his life to Krishna, a Hindu deity. He keeps a pair of tiny cymbals in his jacket so he can chant “Hare Rama, Hare Krishna” while he charges them together and he has the full chant on the back of a yellow Krishna shirt he wears.

He likes to walk everywhere. But when he walks down staircases, he doesn’t slide down the railings on his butt.

O.N.C. Krishna has you, there’s no way to get away from him. Last October, Smith was busted with drugs folded up in a piece of tinfoil in his wallet. But he has every intention of graduating from Central on time, rather than spending up to a year in jail, so he applied to drug court, where he’s been since November.

He used to take psychedelics, especially when he would go to music festivals or while hanging out with friends, but he’s since cut that out of his life for good.

“I’m not interested in taking drugs anymore,” he says.

He’s in phase two of the program now and has about another year left before he “graduates.” He also has about one more year left at Central, where he’s working on an anthropology degree. Smith is stern when he says there’s no way he’s failing either program.

“Drug court is the grace of God,” Smith says. “Some people would disagree with that, but they’re still tangle in a material existence.”
The shirts hanging in the SURC are raising visual awareness about sexual assault. This leads up to the Rock Against Rape event. The clubs pick what they want to feature at their tables, but the central theme is to make sure that people get information about all aspects of sexual assault and consent.

The Wellness Center not only puts on big projects like Rock Against Rape, it also provides other services for students. The Wellness Center provides testing for sexually transmitted infections (STIs), free condoms and counseling for those who have suffered a sexual assault.

According to Mallory Morse, a health educator at the center, part of her job is to reach out to students who have reported assaults of any kind to their Resident Assistant or to the police in order to try to help them. The shirts will be hung up in the SURC for everyone to see.

The goal of the project is to provide a visual awareness of sexual assault. Participants will be given different colored shirts according to their stories that they can write on. Then the shirts will be hung up in the SURC for everyone to see.

Along with Rock Against Rape, the Wellness Center will also be putting on the Clothesline Project this month. This year I really want to focus on that and kind of pause the activities and say let’s focus on this, this is really important,” Brandt said.

The event will feature around 25 clubs and organizations from both the campus and the community, each with their activities for the participants to take part in and win prizes.

The most memorable experience for her was the survivor stories that she heard last year. “We are trying to prevent sexual assaults of any kind to their campus and the community, each with their activities for the participants to take part in and win prizes.

They will also be showing the art of local artists: Hollie Caskey and Ellen Nevin. At the end of the event there will be a raffle with prizes of all that of the participants have a chance to win.

According to Jesse Comerford, senior public health major, the Public Health Club will be talking about consent with those who have suffered a sexual assault. Sexual assault is not a topic that is easily talked about, especially for those who have gone through it.

But with help from events like Rock Against Rape, survivors can speak out and the community gets education on how to prevent any further violence.

The observer staff as a whole does not deserve the negative criticism directed at them about this column as it was not their decision, only mine.

I would like to personally say how sorry I am to everyone I’ve hurt with “We Observed You.” I was never my intention to harm or bully anyone, but I have obviously failed tremendously at that.

My intention with the column was to include a “community spotlight” that would celebrate the uniqueness in all of us. The idea was borrowed liberally from The Stranger, a weekly newspaper in Seattle. Their section is called “We Saw You” and it reads very similarly to what we know.

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There is a huge difference, however. They do not include photos of people and they wouldn’t include a description so thorough as the one we had for the “denim cowboy” section. (His name is Ian I’m told, and he loves to walk around). And it’s you, Ian, who deserve the biggest apology of all. We should have included you in this section and it was very wrong to do so. I’m very sorry Ian, you did not deserve this at all. Looking back, this section in particular was extremely unprofessional. It’s not our job or our place to point things out about people, and our staff couldn’t have observed anything that makes its way into the paper. It was my idea for the inclusion of this column did not nothing to empower our students and make the community a better place for everyone.

Since it ran, I’ve received multiple emails and messages suggesting better ways we could approach a “community spotlight” of sorts.

And I’ve taken these suggestions to heart. I’m excited to announce that we’ll run a new column, titled “People of Ellensburg,” or “Students of Central” (we haven’t quite nailed down the name yet) where we’ll spotlight one individual a week (with their consent).

If they’re quirky, the story will reflect that. If they’re serious and stern, the story will reflect that. If they’re hilarious and a complete goofball, the story will reflect that. What the story won’t do is observe from afar without ever knowing who the real subject is.

I understand an apology on paper is hardly enough to mend any feelings I have broken. But just know that I’m completely sincere when I say that I never meant to hurt anyone and that I am truly, deeply sorry for what I’ve done. Sometimes it’s hard to remember that we’re all students putting out a product before we go off to do the real thing. And students are notorious for making mistakes.

This isn’t an excuse, but just know that as a student, I mess up all the time. But I always learn from that mistake and try my best to make things better.

This is my attempt to make at least one thing better.

Jonathan Glover
Editor-in-Chief
Dr. Jill Hoxmeir is a public health professor at CWU.

Emotional "swings," as you say, are terrible matter the severity, as so you're sure your birth control is the reason why you're experiencing them. I would suggest doing what you can to find another contraception option.

Often, when we speak with our medical provider to discuss birth control options, or changing methods, they ask about other issues that may also be affecting your mood (and weight, which I will get to in a minute).

Are you taking any other medication that could be the culprit of such swings? Have you experienced any other traumatic or stressful events that could also be affecting your emotions?

If those aren't the case, and the onset of your severe swings coincided with starting (or within several weeks of starting) Depo-Provera, then I think you should speak your provider about a different contraception method.

Many women choose Depo-Provera, a shot given in either the arm or the butt, because it is a safe and effective birth control method that lasts for three months. For people who aren't into taking a pill every day, this can be a great option.

Side effects, such as a change in sex drive, breast soreness, health problems, increased suppression, and weight gain can occur in users of hormonal birth control methods. However, this doesn't necessarily mean you should steer away from hormonal methods, such as the Mirena IUD or birth control pills. IUDs (a device inserted into the uterus to prevent pregnancy) can be used and are recommended for use long term.

So, if you choose another hormonal method, your provider may suggest a birth control pill because if you've experienced side effects, you can stop taking the pill immediately and find something else. Non-hormonal methods, like condoms or ParaGard IUD (“copper T”) do not interfere with your body’s hormones and may be a better option.

Dr. Hoxmeir is a public health professor at CWU.

Late night diner

By Kailan Manadic
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It was a dead night at Sak’s truck stop diner until a fight broke out over a pair of boxers. Sak’s is one of Ellensburg’s 24-hour diners in the middle of the Flying J Travel Plaza just off of I-90 and Canyon Road.

The football field-sized parking lot is consistently packed with trucks from noon to midnight and back to noon.

But most of the time, the diner is nearly empty; the truckers prefer to spend their time in the lot sleeping.

Business during the day is taken away by another diner across the lot. It’s nicer and newer but it closes at 10 p.m. and you can’t get toast and eggs there for $1.20.

The booths are covered in faded red leather and the tables are shiny plastic sheen over the fake wood.

On a recent night, Sak’s was as quiet as ever. Bob, a grey-haired guy in a veterans cap, was seated at a red vinyl stool at the four-person counter. In a corner booth, a trucker tucks into his omelet looking like he just wants to sleep.

It’s half past midnight when Bob finishes his third cup.

Laekin Donnokov, the third shift waitress is sweeping the tilted floor next to Bob. She’s in the universal diner waitress uniform with thick glasses and a shoulder-length, dark-brown ponytail.

“Want more coffee, Bob?” she asks.

“Oh, yes please,” Bob says.

“So do I Bob, so do I.” Laekin replies, upbeat and energetic, especially for the third shift. She has a Big Gulp-sized coffee mug half empty at her salarad at one of the other nine tables the diner houses.

The diner is quiet for the next half hour. The man in the corner leaves most of his omelet to go sleep in his van.

Shortly after, Mike walks in. He looks like he came straight from a biker club, bald and stocky with a long salt-and-pepper goatee.

Mike is actually the lot manager and just arrived for his shift.

Mike has a tall but stocky build, with fully tattooed arms and a gracefully balding head.

In a bathroom area at the truckstop, an employee had found some boxes and other personal items lying around. Thinking they were abandoned, Mike’s subordinate threw them away.

But the owner of the boxes came back, furious, and began to berate the employee. Mike had just stepped out for a smoke where he heard the conflict.

Mike stepped back in and calmly told the angry patron he had to leave. Mike finished his cigarette while the patron stormed off.

“Hey, it’s your show,” Mike says to the employee. Mike watched the perp pacing at his car until he began walking back.

The guy comes back and started yelling on me,” Mike said.

The man came back “like a bull,” and swung a left hook at Mike, which he easily dodged. Despite being previously in the Marines, Mike didn’t swing back.

The attempted assault was caught on the security cameras and Mike was worried he’d get in trouble for defending himself.

“I’m a lover, not a fighter,” Mike says, “so I didn’t fight back.”

Later when the owner spoke to Mike, she said he handled it well. After the man realized that he was unmatched, he fled to his car while Mike ran into the diner and called the police.

The guy acted strangely as he was driving off. He slowly drove towards the lot exit before stopping at the propane tank for a minute.

Mike then stepped outside and the perp sped out of the lot and up an on-ramp to I-90 before reversing back down and heading down Main Street, where he was arrested shortly after.

“You’re making the story too long,” says a voice over Mike’s radio.

Mike pulls his radio up. “Why don’t you have a tall glass of shut up,” he replied jokingly before continuing his story.

The police contacted Mike afterwards to see if he wanted to press charges. Mike declined.

“I didn’t want to deal with the aftermath and court system,” Mike explains.

After a short conversation with Bob about coffee, Mike gets up to do a walk around the lot.

“Might Boborino, I’ll see you later buddy,” Mike says as he leaves.

The diner is all but dead again until Laekin comes back with another round of coffee.

“Need more coffee Bob?” Laekin asks.

“Oh, no, I’m done,” Bob replies.

“I figured,” she said.

Bob gets up and puts on his flannel coat before stumbling to the register. He gets out the exact change in coins and leaves a kind tip.

“Hope you finish your dinner there Laekin,” says Bob as he walks out the door.

“Thanks Bob,” Laekin replies before turning to take her last bite of salad.
Students learn all about fashion

By Mikaila Wilkerson
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The Student Fashion Association, which gives students insight into what the fashion industry is all about, is open to all students who are passionate or interested in the study of fashion.

Kylie Godat, an apparel, textiles and merchandising senior expecting to graduate at the end of spring, has been the club’s president since January.

“It’s a great place to network,” she said.

Godat originally came to Central to get a major in psychology but then she found that she preferred the apparel, textiles and merchandising program more.

The club does a variety of activities such as hosting fashion-related games, connecting with the local community and going on networking trips around the U.S. Godat said that the fashion association is a way to network within the community as well, as they go to different places around town to consult about fashion within town.

Some of the fashion games in the club involve fashion charades and ‘fab or faux pas’, where the club members decide what designs look good and which don’t. There are also discussions hosted in the club which go into debating what fashion trends look good and what don’t and why that’s so, Godat said.

Some activities in the club also include tie-dying, screen printing and doing spontaneous, fun things such as decorating and carving Halloween pumpkins.

“If you’re considering joining, just do it,” Godat said.

Joining the fashion club is a way to get students more involved in the fashion industry, and it gives students the chance to figure out if this career path is really what they want to pursue.

According to Godat, the club has even met and networked with Zumiez, Brooks Running Shoes, Nordstrom and Harvey’s Handbags, which makes handbags out of seat belts.

Every year, the entire association goes on a trip. The destination rotates between Los Angeles, New York and Las Vegas. During their trips, the club checks out design showrooms and they network with the companies they go to.

One of Godat’s favorite memories while being in the club was from a trip to Los Angeles. While there, she got to spend a lot of quality time bonding with her fellow club members. She also met her best friend while in the Student Fashion Association.

“I even tried to get my boyfriend to come to the club,” Godat said.

According to Godat, Amanda Fronckowiak, who is the vice president for the association, will be a student designer in the June 4 fashion show.

The Student Fashion Association meets every Tuesday from 5:30 to 6:30 p.m. Godat encourages people to come and sit in on the meetings if they are curious or want to see what the club is all about and what it does.

“They try it out and see what major you’d want to look at,” Godat said.
Swim Club makes waves

By Zac Hereth

Central's swim club hosted its first Inland Northwest Region Championship swim meet on April 2, which was a record setting fundraiser event for the swimmers.

The club profited close to $2,500 at the event, which is at least twice as much as the club is normally able to raise in a year, according to senior Jaegger Olden, club member and event coordinator.

According to Olden, the club would hold more generic fundraiser events in the past, but since the club has been improving on the meets they put on, it can focus more on making money through swimming events.

“I think it’s gonna be a dramatic change,” Olden said. “It’s gonna be probably the main fundraiser for every year.”

In order to run these events, the club needed to download the Meet Manager computer system, which gives the club the room and speed to store and record all the data at the event to report to U.S. Masters Swimming (USMS).

Last year Olden spearheaded the idea of hosting meets for the club.

“Meets are kind of my thing that I developed for the club in order to help with fundraising,” Olden said. “Otherwise we’d be doing boring stuff like yard sales… This way it’s more focused on swimming than other [events].”

The money raised will help fund the club’s trip to the USMS National Championship meet April 28 through May 1 in Greensboro, North Carolina.

Swimming clubs from across the nation participate in the meet, and not all have affiliations with schools. Some clubs are even comprised of Olympic swimming competitors.

The club plans on sending 12 members to the meet.

“It’s great for us to actually get this opportunity to go to nationals and bring as many people as we’re bringing,” said freshman Connor Ridgeway.

It will cost the team $9,300 to travel to nationals this year. $5,000 of that was received from club sports funding and the other $4,300 was produced by individual swimmer fees.

It was a learning experience for some of the younger club members.

“It was something I haven’t done,” Ridgeway said. “I’ve never actually ran a swim meet, so it’s good for me to see how it’s actually run… it’s good to be on the other end.”

The club will hope to duplicate the success swimming had as a varsity sport at Central in the 1980s when they head to North Carolina. Central took home five-NAIA national titles in men’s and women’s swimming between 1984 and 1987.

Jaegger Olden said that next year there will be Central swimming alumni at the club’s big meet, including many from the 2004 team that was inducted into Central’s athletic Hall of Fame in 2014.

Litter in the pits

By Hunter Ventoza

On a sunny spring day, shooters drive miles on pot-hole ridden roads with a car full of ammo to spend their day off enjoying their favorite outdoor recreational activity.

They arrive at what is usually an empty field. This time, overwhelming their customary view of the surrounding green hills, are mounds of beer cans, broken glass and empty cartridges.

Some recreational shooters are littering local public lands, shooting in unsafe locations and damaging the local environment, a problem acknowledged by the Washington State Department of Fish and Wildlife (WDFW) that was addressed last year, but no further action has been taken.

Many students and local community members alike enjoy target shooting; it’s a pastime for many in the Ellensburg area.

Between 2005 and 2010, Ellensburg has seen a population increase of 1,400 people, according to the United States Census Bureau.

As the Kittitas Valley sees an influx in population levels, more
Anderson legacy continues on

By Ryan Kinker
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The Todd Anderson Memorial Rodeo will take place this Friday, Saturday and Sunday at the Ellensburg Rodeo Arena. The rodeo is put together by the Rodeo Club at Ellensburg’s Rodeo Arena. The ceremony consists of Wagner and Whitescarver, and their sons riding their horses.

A pony or horse follows us without a rider, symbolizing a horse for Todd,” Wagner said. The rodeo serves as a stepping stone towards higher goals for the Rodeo Club, with events such as barrel racing, goat tying and bull riding, there are also events held to memorialize Anderson’s impact on the local rodeo.

One is a silent auction that begins Friday night, with the proceeds going towards the Todd Anderson Memorial Scholarship. The scholarship is received by a Rodeo Club member each year. The other is a riderless horse tribute, an event taken on by Wagner and Anderson’s other former roommates at the time of his passing, James Whitescarver.

The ceremony consists of Wagner, Whitescarver, and their sons riding their horses. “That can be done individually or as a four member team,” said 35-year old Noah Wagner, who was one of Anderson’s friends and roommates at the time of the fire. “He was one of the reasons I got involved in the club, he lived and died for that stuff.”

Other meets we are traveling to is a nice change of pace for the constantly traveling track and field squad.

Senior Bernarni Sternen leaps over a hurdle during Central’s 2014 Spike Arlt Invitational Track & Field Meet.

For the first time since November, Tomlinson Stadium will be hosting a competition and it’s not spring football practice. Central is hosting the Spike Arlt Invitational on April 22 and 23, the only home track and field meet of the season, with the Wildcats at the tail end of their outdoor season.

Assistant jumps coach Tony Monroe said the meet is a good place to showcase the track team to alumni and record holders. The stands are filled with their peers, friends and family who create a unique environment for the athletes.

Teams came from Washington and Oregon to compete in the event last year. “The Wildcats were on both the men’s and women’s sides.

Home cookin’

The comfort of being at the college versus practice is a nice change of pace for the constantly traveling track and field squad.

“Other meets we are traveling three to four hours, getting off a bus then competing and off the bus again,” said senior Marilah Bentley, triple jumper. “You just walk over to the track and you’re ready to go.”

Her twin sister, senior Moriah Bentley, high jumper, agrees. “I feel like a lot of people hit [personal records] a lot at the home meet because we’re comfortable here, and this is the place we’ve been practicing at for so long,” Moriah Bentley said. “When competition comes it makes us go a little harder.”

Junior sprinter Diamond Martin said the coaches have her and the team look up pictures of the track in order to visualize and give them a sense of setting. She will not have to do that at the home meet.

“It’s your track and you’ve been practicing on it all year so you know what it’s all about,” Martin said. She also believes that the home track meet gives other Central sport teams a look at what track is all about and the passion the team brings to the sport.

Many athletes look forward to the event all season. “Last year we had the football players out, had a whole bunch of families and it was great weather so it’s really fun – it’s my favorite meet of the season,” Marilah Bentley said.

Wildcats to watch

Men’s Individual:
Bernargi Sternen, Senior
400-meter Hurdles
Luke Plummer, Senior
Triple Jump

Women’s Individual:
Dani Eggleston, Senior
3000 Steeplechase
Taylor Fettig, Senior
High Jump
All Anderson, Sophomore
Heptathlon

Relay Teams to Watch:
Men’s 4x100
Men’s 4x400

All listed athletes and teams are ranked first in GNAC.
For over a decade, Felix Hernandez has been the shining gem of the Seattle Mariners franchise. As “The King” began his 12th season on the mound something has been off—his command.

Through just three starts, Hernandez has walked 13 batters, which is the second most walks surrendered in a three-game span. His record is 14 through three starts spanning from August 1 through 12 of 2009.

The Mariners’ ace is just four-walks shy of tying his career-high of 17 in a month with two-scheduled starts remaining in April.

Although his control has been suspect early this season, he has been able to limit the damage and is boasting in ERA of 1.00 in those starts.

The numbers are concerning because as Felix has gotten older, he has slowly lost his velocity and has relied more on command and pitch movement to get batters out. Hernandez didn’t walk his 13th batter until his ninth start of the season last year, which came on May 22.

Even more discouraging is that Hernandez struggled late last year with his command and had some of the worst outings of his career.

He walked 13 batters in September, the most walks he gave up in a month with five or less starts all season, and also gave up the most walks he has in a season since 2011.

That followed a five-start stretch where Hernandez gave up 27 runs in 28.2 innings between July 29 and Aug. 28, which ruined his chances for the first 20-win season of his career.

But maybe Hernandez isn’t falling off. Maybe he’s just been “effectively wild” as Hall of Famer Randy Johnson would say.

As Hernandez’s walk numbers increased in September, so did his strikeouts per inning totals. That coupled with his lowest ERA since May actually made September his best month since 2011.

Three games is far too small of a sample size to say Hernandez has lost his control, and he has only surrendered nine hits in 20 innings pitched this year.

There have been multiple years now where baseball experts and fans have questioned Hernandez’s fastball-velocity early in the season, only to see him continue to dominate batters and watch his fastball gradually rise back to where it should be throughout the season.

Not many pitchers work harder than Hernandez, and the results may be from a minor mechanical issue the former Cy Young Award winner could easily fix.

But one thing is for sure: this organization needs to keep a close eye on him. Hernandez turned 30 on April 8 and has logged more major league innings than most starters do by the time they are 35.

Not many pitchers make their major league debut at 19 and their first opening day start before turning 21.

Including this season, Hernandez has four years and over $100 million left on the seven-year contract he signed in 2013. The contract holds a clause that would allow the team to exercise a $1 million club option for the 2020 season if he misses 120-130 days with a right elbow injury.

This gives the organization about 101 million reasons to hope these control issues aren’t a sign of bigger things to come. But knowing the work ethic of Hernandez, this could easily be a forgotten conversation in a couple weeks.
and more people are taking ad-
vantage of the surrounding land
to target shoot.

Durr Road, located in the
Wenas Wildlife Area near Ump-
tumma Road, is showing scars of
this pastime.

With the increased numbers
participating in target shooting,
local shooting pits are being re-
stricted and piling up with trash.

Empty cartridges, broken
glass and even a car bumper are
just a few notable pieces of litter
around the shooting area.

According to the Wash-
ington State Legislature WAC
333-52-145, all target shooting
must take place in “developed
recreation facilities” or in areas
“unobstructed, earthen
backstop capable of stopping
all projectiles and debris in a
safe manner.”

By Washington standards,
popular shooting pits like the
ones on Durr Road are not le-
gal. Lacking a proper backstop,
these locations provide no guar-
antee to stop stray shots.

Such locations are not only
pose an environmental hazard,
they also pose a threat to others
enjoying nearby public lands
whether or not they are partici-
pat ing in such activities.

“If there is not a decent
place [to shoot], these problems
will arise,” said Hal Mason,
President of the Kittitas Valley
Rifle and Pistol Club.

As President of KVRPC,
Mason has participated in
cleanup events at the local shooting
pits, like Durr Road.

However, the problem ex-
tends further than those respon-
sible shooters.

Kittitas Valley Rifle and Pis-
tol Club (KVRPC), the local
range headed by Mason, offers
a “heated, well lit and safe place,”
according to Mason, for those
responsible target shooters all
year long, reducing the hazards
associated with target shooting.

Such options are being
considered by Washington De-
partment of Fish and Wildlife
(WDFW), which manages the
Wenas Wildlife Area where
many of these rogue pits exist.

Currently, local community
members and organizations are
working to keep such sites clean
and safe.

Kittitas County Field and
Stream, based out of Ellms-
burg, hosts a yearly cleanup at
Durr Road sites.

This year’s cleanup took
place last Saturday, and
offered volunteers doughnuts,
coffee and a hamburger for
their help.

Despite multiple attempts to
reach out to WDFW for an in-
terview, they did not reply.

For more access on this is-
 sue or for further information
contact Cindy Confer Morris,
Wildlife Area Manager at (509-
697-4303.

Wildcats a leap above the
competition

Central is home to some of
the top jumpers in the GNAC.

Junior jumper Lake Plum-
mer got a season best of 14.98
in the triple jump last weekend
in California, he is also leading
the GNAC in the event.

[Central] is his favorite
place to jump, so looking for
a good performance,”
Monroe said.

Junior McKenna Emert is
sitting 23rd in the country for the
pole vault, which is good for
first in the GNAC.

Senior jumper Taylor Rintig
also had her season best in the
high jump over the weekend.

“She’s sitting right now
12th in the country, and couple
weeks ago she was sitting sixth,”
Monroe said.

According to Monroe, a
junior who is sitting under the
radar for Central is freshman
Zach Whittaker.

“Zach’s been having
some hard luck getting onto
the board, kinda coming in
becoming a first year college
athlete, getting used to it,”
Monroe said. “He’s got really
solid marks -- he could easily
be out there with Luke and be
one of the top three in the con-
ference.”

Speed demons

Two weekends ago, at the
War IX in Spokane, a team
made up of freshman Mari-
yah Vongpavong, junior Tianna
Bafro, senior Ashley Harmon
and junior Madison Garcia
broke the school record for the
4x100 meter relay and finished
in first place at the meet.

The runners set a goal
time before the race that they
felt they could hit with perfect
handoff execution, according to
sprinters coach Bryan Mack.

“We came out and did it
perfectly and ended up running
faster than what they had they set
for themselves,” Mack said.

Two of the top Central
sprinters, Garcia and senior
Jordan Todd, both competed in
California last weekend.

Mack believes that compet-
ing in a big meet with some of
the nation’s top athletes and
then coming back to compete
again the next weekend can be
physically, mentally and emo-
tionally draining for some of
Central’s competitors.

Mack rested sophomore
sprinter Garrett Steuk, who is
the first leg of the men’s 4x100,
in order to give him fresh legs
going into the home meet this
weekend.

“He’s going to come out at
the home meet and I think he’s
going to run a season’s best
in the 100, got a good feeling
about that one,” Mack said.