RA struggle with issues; turnover at highest level since 2011-12

By Ray Payne
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Editor’s note: The names of several former resident assistants (RAs) have been changed to protect their identity, as it is part of their contract not to speak to the press. Those who wished to remain anonymous use only first names. Full names are used for the former RAs who were willing to speak on the record.

Rachel, a resident assistant, is woken up at 2 a.m. by a student in tears. He is terrified at the sounds of the assault he is hearing next door.

He explains how he heard screaming and the sounds of someone being hit.

Rachel attempts to calm him down—while trying to remain calm herself.

She questions herself, wondering why she didn’t hear what happened.

Then she calls campus police and someone on the professional housing staff.

“Get over here as soon as you can because we’ve got a pretty big situation,” she tells them.

Two hours after she received the original call, the police finally leave at 4 a.m.

When the professional staff member arrives, she gives attention only to the resident who made the call, wanting to make sure he felt safe.

Nobody checks in with Rachel to see if she is alright.

“Before you go back to bed, finish the incident report,” the professional staff member tells her before leaving.

Rachel isn’t able to sleep until 4:30 a.m. Rachel is one of several former resident assistants for Central Washington University who have spoken with the Observer about their negative experiences working for housing. They complain about unrealistic expectations, lack of support, and counter-productive policies.

“They expect us to be robots on so many different levels,” Rachel said.

The turnover rate for housing was high during the 2015-16 school year. Housing documents received from a public records request made last May show that 12 RAs left during the fall quarter, eight of them for “personal reasons.” Eleven left winter quarter, one for “personal reasons.” And another seven RAs left for “personal reasons” at the end of spring quarter.

In total, 24 RAs resigned during the school year, leaving just 66 as of May. Normally, full staffing is considered to be 84 RAs. That leaves a resignation rate of almost three employees out of 10 and 28.6 percent. The numbers provided were accurate as of May and came straight from documents provided by the university:

That’s the highest resignation rate since the 2011-12 school year, when documents show that just eight RAs resigned.

Why does turnover matter? According to several former RAs, this leads to a revolving door of staff and supervisors—some of whom are not being properly trained. That can lead to RAs feeling overwhelmed and ineffective, which makes them less able to help the students who rely on them.

Residence Hall Coordinators (RHCs) “weren’t consistent. Everybody left—they kept leaving the positions,” said Allison Gherna, a former RA, one of only a few who felt comfortable using her real name.

Music duo plays on

By Lindsey Powers
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Some may think the crashing of percussion would not pair well with the softer notes of a violin but Denise Dillenbeck, a violin instructor, and her husband Mark Goodenberger, a professor of percussion studies, would prove those people wrong. Dillenbeck and Goodenberger are two of CWU’s distinguished faculty members.

Dillenbeck’s career as a performing artist with the Philadelphia Orchestra included tours through the Caribbean, Europe and America. Eventually she met and fell in love with Goodenberger, it was then she realized that she wanted a more stable home life where she could come home every night to her family. This was the dawn of her career in academia.

However, her first love was her violin, which used to belong to her grandmother. Dillenbeck said she “couldn’t wait to get a hold of [it].”

According to Dillenbeck, when she was growing up her mother told her that she wasn’t allowed to touch the violin until there were classes offered in school where she could learn how to play. It wasn’t until third grade that she got her chance to play.
November is going to be an important month for marijuana advocacy, with nine states putting either recreational or medicinal marijuana initiatives on the ballots.

Last August the DEA failed to reschedule marijuana, meaning under federal law it remains illegal, with no medical use and a high potential for abuse.

This election will continue to put pressure on the federal government’s decision to keep cannabis in the Schedule I drug category.

California – Recreational Legal weed on the west coast is a real possibility this November. The Washington Post reports that California, the world’s sixth-largest economy, will be voting on the recreational use of marijuana. Six different polls show an average of 60.45 percent of voters support Proposition 64 and 34.6 percent oppose it. The California Democratic Party, ACLU, NAACP and California Medical Association all support the initiative.

Nevada – Recreational Leafly reports that Nevada is the first state in the 2016 election to gather the necessary number of signatures to get their medical marijuana initiative on the ballot. Five different polls show an average of 51 percent supporting and 49 percent opposing Question 2, the state initiative. Nevada gathered the signatures two years early with 60,000 more signatures than required. This may make Nevada as close to a lock as there is on this front.

Arizona – Recreational Arizona is a battleground state in the decision for legal weed; five polls show an average of 46.4 percent of the state opposed legalize while 44 percent support it. Proposition 205 has an uphill battle in Arizona. Leafly reports Big Pharma is leading the charge against legal marijuana in Arizona. The Intercept reports that Insys Therapeutics, Inc. executives donated $500,000 to Arizonans for Responsible Drug Policy. Insys markets Fentanyl and a synthetic version of THC, the psychoactive constituent of cannabis.

Maine – Recreational Leafly reports the state already has a booming medical marijuana sector. This could significantly help the push for legal recreational use through Question 1. The Washington Post reports Maine as being on the forefront of drug policy change. The state decriminalized small amounts of weed in the 1970s, during the thick of marijuana prohibition. Two different polls show that an average of 53.4 percent of voters support the initiative and 40.2 percent oppose it.

- See “Balloons” page 3

Legal weed is on the ballot this November

By Jonathan Olsen-Koziot

November is going to be an important month for marijuana legalization in November. Five will vote on recreational and four on medical.

News Editor
Kailan Manandic | news@cwuobserver.com

By McKenzie Lakey

Legal marijuana directly hurts their profits and they are trying to counter the recreational initiative for that reason.

Massachusetts – Recreational

Boston.com reports Massachusetts has already raised $2.4 million this year for recreational marijuana legalization. However, only 41 percent of voters say they support the initiative, according to the Washington Post.

Massachusetts has a fight on its hands to get the initiative, Question 4, passed.

Recreational Massachusetts –

Boston.com reports Massachusetts has already raised $2.4 million this year for recreational marijuana legalization. However, only 41 percent of voters say they support the initiative, according to the Washington Post. The state decriminalized small amounts of weed in the 1970s, during the thick of marijuana prohibition. Two different polls show that an average of 53.4 percent of voters support the initiative and 40.2 percent oppose it.

- See “Balloons” page 3

This week we’ll rejoin the grindstone after our special 125th Homecoming celebration and working away at the remainder of the quarter as mid-terms approach...Sorry for the reminder.

But as we relive the past week-end that was filled with the comedy of Brian Regan and football’s shotgun victory amongst several other incredible highlights, the staff over here at the Observer has been trying to look forward.

We’re stepping out of the newsroom and heading across the country to a journalism conference in Washington, D.C. This conference is just another step we’re taking as a staff to determine the future direction of our publication, the future of our role on this campus and our voice in this community.

While this will be our first trip with the majority of our editorial staff, it’s actually our second conference of the month. At the beginning of October, a handful of editors and staff went to the first on Diversity and Inclusivity at Oregon State University. Throughout that two-day conference we had the opportunity to meet up with a team of reporters from The Seattle Times in addition to several student media representatives from across the country.

As a group we addressed ways in which we can (and should) approach sensitive issues in our news coverage. We also discussed future projects that we’d like to develop as a media outlet as well as a university.

We recognize that there are students on campus who are underrepresented in media. Whether it’s at the local, state or national level, it is an issue that we are trying to address head on and we want to help bridge that gap.

But this isn’t something that we will be able to accomplish right off the starting block, and that’s exactly what these conferences are for; they’re a way for us to better ourselves in order to better serve you.

I have to say, these trips as a staff are truly unlike any other. Not only are we working with some of the best in the industries—individuals that the most student journalists aspire to be like—but the moments that we share as a staff are unforgettable.

Whether it’s the accumulated 12+ hours in a car with a handful of people who are hardwired to ask you every question that comes to mind (it’s a journalist thing), or the awkward hours of being trapped in crowded security lines, you grow as a staff, as journalists and as friends.

Personally, I wish I could take the credit for how this paper has turned out so far this quarter—but I can’t. Stepping into this role I had no idea what to expect. I’ve only really watched our previous editor-in-chief from the sidelines, so I’ve been learning along the way with every other editor below this publication.

I’ve said it before and I’ll continue to say it—every decent reporter is a group of people who continually work their socks off and are the champions of their movement.

The election—here’s my shameless plug—is one of the main topics that each one of us has been following, and it’s coming up sooner than most of us would have thought possible. But again, we’re encouraging (borderline begging) you to get out there and vote.

A poetry was even put on recently by CWU faculty and students including Donnakyl’s Pizzeria in order to encourage students to register to vote. In addition to the slam, ASCWU’s Office of Diversity & Alliways campaigned extensively throughout the quarter to boost voter registration numbers amongst students. They completed their efforts with over 2,000 registered voters.

These numbers are great, but they’ll mean nothing if we don’t take this responsibility seriously. As students and community members, we have to come together in order to make changes.

Whether that means attending conferences or lectures to become more informed (on a variety of topics), or just pulling your friend aside and having a conversation with them about the importance of your roles in society—coming together and being active in our community is our only option if we wish to succeed.
Cle Elum seven make new friends

By Samuel Beaumonte
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It’s been eight years since CWU student volunteers started helping with the development and planning of the Chimpanzee Sanctuary Northwest (CSNW).

Now, the seven chimpanzees known as the Cle Elum seven that call the sanctuary home may be expecting some new roommates.

“They’re expanding a few acres to accommodate the chimps now that psychology experiments are ending on them, so they’re trying to find forever homes for them,” said Rachel Berdan, a junior primate behavioral education major.

Berdan started volunteering at CSNW last year. “I thought I was going to be intimidated when I first went there, but I fell in love with [the chimpanzees] on day one,” he said.

The current plans for expansion are separated into four phases. CSNW is already pushing into the first phase, which will entail a quarantine space for the chimps’ introduction, a social interaction space and a permanent veterinary clinic.

After completion of the four phases, the sanctuary should be able to house more than two dozen new chimps on-site over time.

“I know they’ll need a lot more volunteers,” Berdan said. “Even if you don’t know a lot about chimpanzees, you learn a lot just by being there from their facial expressions and how they interact with each other.”

Any student is allowed to volunteer at the sanctuary which has a wide array of things that volunteers can take care of. Students looking for professional work experience can apply as interns after taking Procedures in Captive Primate Care (PRIM 220).

“Volunteers help with every aspect of the organization. Most spend their time in the chimp house, doing everything from sorting donated produce to cleaning enclosures to serving meals to the chimps,” said J.B. Mulcahy, co-director of CSNW. “Volunteers also play a critical role in our fundraising efforts, which are the lifeblood of a nonprofit like ours that receives no support from the government or from the industries that use these chimpanzees for experimentation.”

CSNW serves as a resource for students looking to go into primatology or corresponding fields. The sanctuary gives students an opportunity to gain experience in caring for and studying primates.

That experience helps transfer to other sanctuaries and fields that look for applicants with a year or more of experience.

“CWU students who have volunteered or interned at CSNW have also gone on to use that experience to help primates all over the world. Many have found jobs at sanctuaries and zoos, while others have gone on to work for animal welfare and conservation organizations,” Mulcahy said.

Josefine Vestergaard Holm, a transfer student from Denmark who is pursuing a master’s in primatology, has applied to CSNW as an intern after hearing about the opportunity during her first day of classes.

Holm has already worked with other primates, including vervet monkeys and two different kinds of baboons, but not chimps.

“I’d like to gain more experience handling captive primates, and when you’re applying to a job handling captive primates they require a year of experience,” Holm said.

But most of all, it’s just a huge interest of mine and I’ve never worked with chimpanzees before.

Berto the chimpanzee (Above) is one of the Cle Elum seven and lives at the Chimpanzee Sanctuary Northwest in Cle Elum.

Megafires in the Northwest

By Kailan Manandic
@kailanmanandic

Across the Pacific Northwest, raging wildfires are such a growing problem that a University of Washington (UW) professor said this is “an Era of Megafires.”

Paul Hessburg, a research ecologist from UW, gave a public presentation in Science II on Oct. 18. The event, titled “Era of Megafires,” was standing room only and due to the presence of several fire marshals some of the about 150 attendees moved to the hallway to avoid fire code violations.

Hessburg is a Wenatchee, Washington native and was deeply impacted by last year’s fire that threatened the city.

“Like many western towns, it’s surrounded by incredible wildlands and agricultural lands,” Hessburg said. “[In] 2015 a wildfire threatened to take my hometown and it came pretty close to pulling it off.”

The multimedia presentation was 70 minutes long and was aimed to inform the public on the natural role of wildfires.

“Did you know that fire is the most essential process in western forests and rangelands?” Hessburg asked. “Everything that happens in the woods and on the range depends on a life history with fire.”

There will potentially be another showing on the CWU campus due to the successful turnout.

“The era of wildfires” presentation given by UW research ecologist Paul Hessburg informs the public on the dangers of wildfires.

“Ballots” from page 2

Florida – Medical

If Florida votes yes, they will become the first southern state with a sturdily medical marijuana law. Amendment 2 needs a 60 percent supermajority for approval. Thirteen polls show an average of 70.68 percent of voters support medical legalization and 22.78 percent oppose it.

The ACLU and NAACP have backed Florida’s medical initiative, according to The Washington Post. Florida has a large population of elderly people, many of whom are over-prescribed painkillers.

In many cases, cannabis products would provide a much safer alternative to opioids, The Sun Sentinel reports.

Arkansas – Medical

In the race to legalize weed in the south, Arkansas is also voting on a medical marijuana initiative. There are two separate medical initiatives on the ballot, which could end up being a big hiccup with a risk of splitting the ticket.

In other words, the campaigns cancel each other out and don’t get a vote passed. The Washington Post reports. Between two different polls, an average of 36 percent of voters support Issue 6 and 52 percent support Issue 7. Additionally, 39 and 41.5 percent of voters oppose the issues respectfully.

Both initiatives allow patients to buy products from dispensaries, but they have different rules when it comes to enforcement. Arkansas is a beacon of the Republican states and a vote for legal cannabis in that state could be a deciding factor to get it legalized across the south, according to the Camahist.

North Dakota – Medical

Initiated Statutory Measure 5 will be on the North Dakota ballot this November. The initiative will legalize medical marijuana and develop procedures to regulate growing, distribution and usage if passed.

The University of North Dakota College of Business and Public Administration conducted a poll in 2014. The poll found that 47 percent of respondents supported the legalization of medical marijuana, while 41 percent were opposed.

The Billings Gazette reported on Aug. 31 that Montana’s medical marijuana field was hampered by serious restrictions. Providers were each forced to drop all but three of their patients, forcing many to close their stores due to lack of business.

This means that medical marijuana is already legal in Montana, but businesses have a three-patient limit. The vote for I-182 on Nov. 8 will determine if the law will be reverted back and the restrictions lifted, which will allow the medical market to expand.
James and Lillian Brooks donated the benches that now sit outside of the library which is named after the sixth CWU president.

By April Porter
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James Brooks, CWU’s sixth president, and his family have been involved with CWU for a long time and decided to add something special to the outside of the library. Brooks and his wife Lillian have been supporters of CWU since his presidency.

The James E. Brooks Library is already named after Brooks, but he and his family decided the empty cement space outside the library needed some new benches.

Brooks noticed other benches donated around town and thought it would be a good thing to have on the CWU campus. Local metalsmith and CWU alum, Jerry Bement, volunteered his craftsmanship to create the benches. Bement owns his own shop in Ellensburg, JDubs.

Bement, the Brooks family, and Friends of the Library (FOL) all worked together to make these two benches a reality.

FOL is a local group founded in 1994 that helps raise funds for the library. Typically, the funds are used to acquire books, journals, recordings, musical scores, films, maps, and electronic databases.

“The library is a space... we accept all different kinds of donations,” Patricia Cutright said. Additionally, FOL conducts a two-day book sale on campus each Fall.

The benches are designed with a CWU symbol on one side of each with a silhouette of a mountain. The other side of each bench has a silhouette of a boy reading or a silhouette of a girl reading.

“We hope they’ll [students] enjoy them as much as we enjoyed providing them for them,” Brooks said in a news release. “They came out quite well.”

Recent updates on the local Not In Our Town group now known as Not In Our Kittitas County (NIOKC):

• Advocates of the movement addressed the Ellensburg City Council at their public meeting on Monday, Oct. 17. “Speaking as a citizen of Kittitas county and a representative of Not in Our Kittitas County,” said Marte Fallshore, CWU professor of psychology. “[We’re] looking for a resolution or proclamation from the city.”

Fallshore started the Not In Our Kittitas County movement in a campus-wide email chain and has been a major advocate.

• The group started a Facebook page for the movement and created a hashtag, #NotInOurKittCo.

• The national Not In Our Town Movement will show its PBS documentary at CWU on Oct. 20. The Showing is open to the public and will take place in the SURC pit.

• Additionally, CWU will host a discussion panel on Oct. 27 that will address the politics of terrorism. The panel will address the domestic threat of terrorist groups like ISIS and the KKK.
By Will Schorno
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Protests: one of the most pro-
nounced ways to take a stand and, according to some, the de-
icans. We can protest anything we want from weed criminaliza-
tion, to war, and even the free-
dom of women’s choice. There is no policy beyond scrutiny; no stance too bold to be taken. But, just because we can take that stance, does it really mean we should? Shouldn’t there be some amount of thought put in before going all in on certain governed positions? After all, in order to start a movement, you need at least some reasonable people to take under your wing.

An example is the “Cocks Not Glocks” protests during August 2016 at the University of Texas. These “woke” pupils could not fathom why carrying concealed weapons on campus would be permitted. “We have crazy laws here, but this is by far the craziest, that you can’t bring a dildon into campus legally but you can bring your gun,” said an anonymous student from the university (www.theguardian.com). “We as Americans have the right to freedom of speech and free thought by putting logic over politics,” says second-year history student from the university, Rosie Zander. “That’s the point. If you cannot tolerate any philosophical viewpoint but your own, you simply are not fit to attend college, or to exist in the real world.”

What did the middle ground off end and silence more than a week ago, a rally was held at the University of Toronto. On Oct. 11, 2016, less than a week ago, a rally was held on the campus to highlight how sexual harassment of students and sexual expression are in a free society. They specifically protested the 2016 bill, an expansion of the Canadian Human Rights Act which closes lanes for certain de-

There are plenty of ways to express activism for a cause, but immaturity is simply not one of them.

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peatedly chanting, “SHAME!” Game of Thrones style. Oth-
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There are plenty of ways to express activism for a cause, but immaturity is simply not one of them.
"How are we supposed to want to be in this RA position when the RHCs, our leadership, are getting new jobs and moving all over the place?"

Over the course of several interviews last spring and this fall, Richard DeShields, associate dean of student living, addressed many of the reasons for why students left, and said that housing is constantly working to improve the jobs and lives for all RAs. He was concerned that this story was reflecting the bad experience of just a few people. But 17 students all complained of similar issues.

No updated records provided

This fall, The Observer filed a records request for updated information, but DeShields said there are not any recent numbers or any additional records available since last spring's request. He also said there have been no additional RA resignations since May.

For instance, housing filed last spring's request without asking for any clarifications. DeShields said Tuesday he believed the request was "confusing" and "difficult" to understand, because a "resignation" could also be a "finished contract."

A student goes to student teach ... is that complete[d contract] or resigned?" DeShields asked. "A student who only planned to be an RA for two quarters and then graduated ... Is that complete or resign?"

He also said Tuesday that information around an RA's resignation is only kept for about a year, and that they don't keep notes on the RA's reasons for leaving.

In response to its records request last spring, The Observer was provided with copies of housing's "End of Employment" staff files stretching back to fall 2012.

On every document, three choices could be checked off as the reason for leaving: "Terminated," "Resigned," and "Finished Contract."

This indicates that there is a distinction between the three categories, and that these records have been kept for more than a year.

Always "the bad guy"

Several former RAs said that, because of their role as an enforcer of housing rules, residents only see them as someone who is out to get them.

"In the process of doing our job, we look like the bad guy," said Valerie, who didn't want her real name used.

DeShields said RAs are trained to write an incident report (IR) for all situations — even ones in which they don't end up taking action because the RA made a mistake. In that case, he said, the RA should note their mistake in the report.

Valerie agreed that "obviously there's some IRs that, no questions asked, you need to write."

But she said this focus on documenting incidents makes residents believe that RAs only care about IRs and nothing more.

As a result, she said, the majority of interactions she had with residents were negative.

"I only had a few occasions where I walked away and the resident had respect for me," Valerie said.

Little academic support

Rachel said she felt as if upper management didn't understand that her studies were a priority.

"We're students. We have midterms, we have finals, we have surprise tests that we didn't know about that the teacher moved, or whatever, that is normal when you go to college," Rachel said.

"We experience that just like our residents do, but somehow we are not allowed to get the same understanding that we're expected to give our residents."

Gherna echoed the lack of support she was given for academic problems.

"They wouldn't do the same thing for us as they would for a student, and we're still students," Gherna said.

She said RAs often have to rely on fellow student staffers to help them whenever something comes up, such as a test that they need to study for.

But according to Gherna, if an RA's fellow members aren't willing to work with them, then they are out of luck.

DeShields said that while some RAs struggle with academics, currently almost nine out of ten RAs have a GPA of 3.0 or above. RAs are still considered students and are expected to put their academics first, he said.

DeShields said that RAs are expected to be role models academically for students, to housing holds them to a minimum GPA of 2.5, and takes this standard very seriously.

"For some student staff, they leave because they haven't met that minimum GPA," DeShields said.

No emotion allowed

During her time as an RA, Rachel recalled not having support and being expected to not show emotion. At one meeting someone actually said that you need to suppress your emotions when in the public eye.

"She basically said, You can be having the shittiest day of your life, but when you walk in that hall, you need to put a smile on your face and pretend that everything is okay," Rachel said.

"If you need to break down, you need to wait until you get to your room."

Rachel explained how this expectation, coupled with RAs being discouraged from sharing too much information with residents, made it harder for the RAs to connect with their residents and appear more human.

"Don't tell anything to your residents you wouldn't
tell to your boss's boss," Rachel said she was told.

**Under-trained, “overwhelmed”**

Along with dealing with high expectations and lots of responsibilities, Nancy said she felt unprepared as a mid-year hire CP. With turnover rates being as high as they are, teams can be left understaffed and undertrained.

"I felt really overwhelmed, not knowing what I was doing," Nancy said. "I got maybe six or seven hours of training total."

RAs say they typically receive several weeks of training in the summer and throughout the year — especially in a new RA's first quarter. But they say a mid-year hire will only receive a minimal amount of training, most likely over several weekends.

DeShields said there is also constant training going on throughout the year for all of the student staff, whether on a weekly or monthly basis. If a situation arises that catches their attention, staff will be immediately trained on how to appropriately handle the situation.

As an example, DeShields said that last school year, an RA asked a student to remove a "Trump" sign from their room because of the way it made some students feel. The RA documented the situation and the student complied. But after housing staff reviewed it on a Monday, they decided that the student had a First Amendment right to have the sign. So they rectified the situation and the student complied.

"If a situation arises that catches their attention, staff will be immediately trained on how to appropriately handle the situation."

**Avenues for feedback**

In response to questions about whether housing was taking into account the problems RAs cited as the reasons they left, DeShields pointed to the use of exit interviews, which he said the staff uses to see if any changes need to be made.

DeShields said housing provides other avenues for students to give feedback on their RA experiences, such as one-on-one meetings and multiple surveys that are administered and reviewed each quarter and year.

**Culture of fear?**

It is important to note that RAs and other members of housing are contractually obligated to not speak to the media about their job without first receiving approval from DeShields.

DeShields said this is partially because of the Family Educational Rights and Privacy Act, or FERPA. Student staffers receive access to sensitive information about their residents, he said, and housing wants to ensure that what is said is both accurate and protects the privacy of other students.

No current members of housing felt comfortable going on the record about their experiences. Former members of housing who elected to keep their anonymity did so because they feared backlash.

Colleen Plunkett said that even though she doesn't work for housing anymore and will graduate this year, housing still has instilled a lasting fear. And she said she's not alone.

"I think there's still fear in me," Plunkett said. It was hard, she said, "being in an environment when you don't feel respected." She would reach out to her superiors for help and voice her concerns, but ultimately "they weren't really addressed."

**Pros and cons**

Even after her time as an RA, Rachel still was able to say that she did benefit from the job. Valerie agreed.

"Obviously being an RA there's a lot of positives and negatives," Valerie said. "But I gained a lot of skills that I am grateful for."

Joseph Brooks said he enjoyed the six years when he was an RA, but felt before starting a second year because he was sick and would miss too much training. But his closest friends who are still RAs are telling him that conditions have gotten much worse. "If serious changes were implemented, I'd come back. I'm not opposed to it," he said. "I really liked my job, but I'm not going to come back with housing being as bad as everyone making it seem to be," Brooks said. "It was just random people telling me housing was really bad — like people who were just quitting — I'd be silly about it. But these are people I'm actually close with, and they're telling me, 'Don't do it, don't come back,' and there's a lot of them."

Nancy's advice to housing administrators as to how they can improve the working conditions for RAs and RHCs is that they should be honest with themselves and with students.

"I feel like housing tries to oversell themselves," Nancy said, "and tries to make the job sound better than it is."

DeShields agreed that it's important that RAs are professional, and that they are trained so that they know how to handle issues on the job.

He described the job as being in a "fish bowl," because "everyone's watching you."
A PUSH to success
National food program helps CWU students

By Jacob Quinn jacobquinn14@gmail.com

What would you do if you found out that people in your life were not getting enough to eat everyday?

Two professors and a staff member heard about these concerns from several sources.

“I had a couple students a quarter,” said Manuel Rodriguez, the director of the Center for Leadership and Community Engagement (CLCE). “Tons of advisors, faculty and staff across campus came across similar students throughout the quarter as well. It wasn’t just the students I run into.”

Mindie Dieu, the executive director and a professor of education, also came across students who confided in her about their struggles with hunger. One in particular broke her heart.

“To hear someone say, ‘I don’t go through the SURC because I can smell the food and I can’t get any’ is not okay with me.”

According to the cumulative data acquired by the EAFSA and a Mapworks questionnaire (an electronic survey offered to students on campus), 67 percent of students enrolled at CWU are at risk of homelessness or food insecurity.

“You can be very poor and cover it up quite easily,” Dieu said.

In June 2015, Ethan Bergman, the associate dean for the College of Education and a professor of social science and nutrition, approached Dieu with the idea of both of them being principals of a PUSH committee on campus. PUSH stands for Presidents United To Solve Hunger, an organization initiated in February 2014, that is dedicated to eradicating hunger on college campuses across the globe. Since its inception, over one hundred colleges have joined PUSH and created chapters on their campuses.

“Ethan and Mindie were the two individuals who were leading this and started the whole conversation that brought us together,” Rodriguez said.

“We were a collective group coming together and realizing that we all work with students in different capacities and the need for nutrition is there. So we agreed that we need to move forward in supporting this initiative, promoting what PUSH is and letting students know that if you are on the run in between classes and you need a snack, there are ways you can get that. How do we make this happen? What are some of the resources we have, how can we make those more visible and more accessible to students?”

Bergman and Dieu broke the collective group into smaller committees, such as marketing, housing, and clothing. The smaller committees ensured that along with food insecurity, each student need had its own committee dedicated to rectifying the deficiency on campus.

“No matter how the committees went about solving the problems, they had to make sure they were being discreet. Students had to feel comfortable using the resources made available to them without fear that their situation would be made public.”

“We need to be sensitive to students in these situations,” Rodriguez said. “Maybe if I was in that situation I might not be to open to sharing. I’m broke” or “I don’t know where my next meal is coming from” and I understand that. I was there once. We have to move forward in a way that is inclusive, informative, resourceful, flexible and understanding of these situations.”

To enable accessibility and sensitivity to students, four designated locations in four buildings were planned throughout campus. The food would be laid out on a table and students would be free to take what they needed without having to sign anything or talk to anyone.

“If you’re hungry, you just go, you look in the box, you take the food you want,” Dieu said.

The current locations:
- Boullon Hall 204, Hertz Hall 299, Purser Hall 132, Black Hall 101 and the entrance to the Center for Diversity and Social Justice (CDJS)
- Students can also go to FSHE, a local nonprofit food bank.

“I’ve had to take a step back and turn it over to the CDJS,” Dieu said. “They have far more resources and have such a close connection to students. I think Ethan and I will still remain involved, but probably more in a distant role. Keeping food boxes full and cheering from the sidelines.

CDJS has now taken the reigns for the PUSH project and was in charge of placing the flyers around campus to help get the information about the program out to the students.

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“Because we know that, according to the CDC, nearly 200,000 students are food insecure. That along with food insecurity, is such a critical issue.”

Many of the controversy focused on the age at which this vaccine is recommended, because most students come of age just before sexual initiation. While you may possibly not be able to think of yourself, or your 11-year-old child as a sexual being, the fact that they have not started to have sex yet is exactly why they are a prime candidate to receive the vaccine. Parents often don’t know how to approach the conversation about the HPV vaccine, (commonly, Gardasil or Cervarix), but parents don’t have to explain to their children (yes, boys can also get vaccinated for HPV) that the vaccine is for a STI. Parents can say: “It can help reduce the risk of certain types of cancers”, for example. Depending on where you are at with your child and conversations about sex, more information could be relevant and the conversation can be folded into one about using condoms and other forms of contraception to prevent STIs and pregnancy.

You mention adverse effects of the vaccine, and without knowing specifically the effects that are associated with this vaccine: HPV, or the Human Papilloma Virus. But, vaccination has been a controversial topic only to be outdone, perhaps, by sex as a controversial topic.

So, why should your 11-year-old get the HPV vaccine? I’ve heard about young girls having severe adverse reactions to it.

Sexually transmitted infections are very common in the U.S. – millions of young people are thought to become infected each year. And one of them has a vaccine that can help guard against serious harms that result from infection: HPV, or the Human Papilloma Virus. But, vaccination has been a controversial topic only to be outdone, perhaps, by sex as a controversial topic.

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So, why should your 11-year-old get the HPV vaccine? I’ve heard about young girls having severe adverse reactions to it.
Music has been a big part of Dillenbeck’s life and not just learning to play the violin. Since she grew up in a family of singers, she was introduced to music early on by growing up listening to her sisters sing, as well as singing in the car with her family and in church.

“...I think in the beginning I wasn’t really thinking in terms of any kind of career, I just kind of loved it and it wasn’t until my first summer music camp when I was 16 that I was around a lot of other people like me and realized, ‘oh you can do this for a living’ and soon I realized there wasn’t anything else I wanted to do,” Dillenbeck said.

Crashing success

Goodenberger joined the CWU Music Department 15 years ago and said that for him, teaching was a form of stability. He noted that coming here was “a way to combine our skills” and he “feels like being able to perform with his wife is “a way to combine our skills” and he “feels like being able to perform with his wife”

Another source of inspiration for Goodenberger is his wife Denise. This new discovery lead him to the marimba, an instrument that was almost unknown to him before.

“I love all the things I get to do,” Goodenberger said, laughing. “The instrument I practice the most is my marimba… the physical aspect of percussion is a treat for me.”

Not only is Goodenberger a gifted musician, he is also a talented composer with ten published works thus far. He also has roughly 100 pieces completed and over seven notebooks full of ideas and unfinished works.

“...I always honor the idea when it comes out, even if it seems stupid later, because something happened from that process and putting it on paper says this is an idea, even if I never end up adding to it,” Goodenberger said.

He noted that coming here wasn’t anything else he wanted to do. “I grew up in the ‘60s and ’70s... I heard that, and my parents listened to a lot of classical stuff and I wanted to be a rock star. That was my first love,” Goodenberger said.

According to Goodenberger, “the cool thing about the drums is that every kind of music uses them and there is a diversity to their use in each genre. That is why he finds it incredibly interesting to be able to practice and perform a variety of music styles all with the same type of instrument.

He continued through high school and into college as a drummer, but once the year began he was introduced to a new style of music, known as orchestra. This new discovery lead him to the marimba, an instrument that was almost unknown to him before.

“...I always honor the idea when it comes out, even if it seems stupid later, because something happened from that process and putting it on paper says this is an idea, even if I never end up adding to it,” Goodenberger said.

The compositions he finds the most inspiring and the most enjoyable to write are the ones with an element of humor, because he can combine a beautiful melody with a complex and interesting rhythm to evoke an emotional response within his listeners.

A beautiful duet

Another source of inspiration for Goodenberger is his wife Denise, whom he praises highly, saying “...I love all the things I get to do...” Goodenberger said.

The music industry is full of struggles and most of the time you have to fight through a lot of problems before breaking into the business. Dillenbeck’s advice that she gives to all of her students is that if they really want to be in the music industry then they should keep working because if they really love it they will overcome any obstacles they might face.

“It is a privilege and a burden difficult part of her career because she feels a relationship with her instruments which she wrestles with constantly. “Your technique and artistry are under constant scrutiny,” Dillenbeck said. “You have to enjoy that process in order to be able to invest in the level of passion that you need to keep improving.”

The duo agree that if an artist has the drive and the talent to perform it can become tremendously difficult to consistently perform at a higher level. They say that it makes the entire process much more enjoyable when they get to perform together. In their recently re-modeled home, the two are able to practice and compose music together in their very own practice studio.

Since they are both so busy, it can often be hard for the couple to find time to spend together. However, according to Goodenberger being able to perform with his wife is “a way to combine our skills” and he “feels like it’s another kind of closeness, getting to perform together.”

“Passion” from page 1

You have to enjoy that process in order to be able to invest in the level of passion that you need to keep improving.”

—Denise Dillenbeck, Violin Instructor

“...It’s another kind of closeness getting to perform together.”

—Mark Goodenberger, Professor of Percussion Studies

Mark Goodenberger discusses his passion for music denise dillenbeck and mark goodenberger share their passion for music
CWU new band leader changes sound

By Ryan Kinker
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A malfunctioning microphone can lead to a miscommunication or a potentially bad performance. During a rehearsal preparing for the halftime show at Central Washington University’s Homecoming game, a microphone malfunction showed the tenacity which Director of Bands Lewis Norfleet brings to CWU’s marching band.

At the start of practice, Norfleet wanted to speak to the group about what they would be covering during the 90-minute rehearsal. In order for Norfleet to communicate with the group, student-staff members of the marching band connected a microphone into the main speakers, while junior Drum Major Sascha Burckhardt handled the equipment.

After realizing that no sound came out, Norfleet gave Burckhardt a jarring look, to which he responded by frantically searching for another microphone. Fifteen minutes of sound work later and Norfleet had a live microphone. Burckhardt didn’t seem to remember the interaction.

“Oh yeah, the [microphone] thing,” said Burckhardt, a music performance and education double major. “The thing about Norfleet is that he gives you 110 percent of himself, sometimes a little less of him would work, but he gives you 110 percent on everything. He doesn’t let anything go by the wayside, he knows what he wants [from the band] and he knows how to get it.”

Norfleet, who received his bachelor’s and master’s degrees from the University of Oregon, succeeded Larry Gookin, who served as the director of athletic bands. However, Norfleet doesn’t view building the marching band as a reason for him coming to CWU.

“One of the strengths of the program here is that it’s a comprehensive music school,” Norfleet said. “The arrangements Norfleet does, how much better the group sounds, how the drill is different. The effort is there now, and people notice.”

Norfleet taught high school band in Oregon and Washington from 2002 to 2013. Previously, he worked at Oregon State University from 1997 to 2002, serving as director of athletic bands. However, Norfleet doesn’t view building the marching band as a reason for him coming to CWU.

“Not just one thing is good: the jazz is incredible, the choirs are great...the marching band is only one aspect of the program here. We’re really fortunate.”

The effort is shared by everyone involved with the marching band, including non-majors who play in the music program for their own reasons, such as sophomore English education major Jack Harry.

“I took a year off playing trumpet last year and really regret that,” Harry said. “I’m here trying get into playing and having fun. I miss it that’s why I’m doing marching band. [Music] is one of the main reasons I came here. I went to [CWU’s] Wind Fest my senior year, trying to decide where to go. I heard the performances here and felt I had to come here.”

Though marching band is not a big part of the Music Department’s curriculum – taking a backseat to concert bands, music theory and history, jazz band and choirs – this year, for Homecoming, the marching band performed songs by Bruno Mars and Mark Ronson, The Chainsmokers and Naughty Poppy. The arrangements the group used were written by Norfleet. He has put effort into making the program enjoyable for the audience and the musicians in the group.

“We’ve tried to create a more modern sound,” Norfleet said. “We want to modernize the sound [and] do things that are current and creative. We [give microphones to] a lot of soloists, we’re featuring a vocalist, last year we had someone doing rapping over the band. We’re trying to have fun with it and highlight the strengths, which are many.”

While the band exclusively plays arrangements written by Norfleet, the product on the field is coordinated by students for the students. Hannah Mowry, a junior music performance and education double major, thinks that the direction of the band has been a welcome addition to her student experience.

“Norfleet really kicked things into gear; he changed the culture of the program,” Mowry, who serves as one of the show’s two program coordinators, said. “We do all the shows ourselves. It’s musical training, this is our real community outreach. Over the last couple of years, it’s only gotten better.”

“We do all the shows ourselves. It’s musical training, this is our real community outreach. Over the last couple of years, it’s only gotten better.”
Wildcats take on familiar foe in BYU

By Glendal Tautua
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This past weekend, CWU’s women’s rugby team defeated Collegiate National Champions Quinnipiac University 19-12 in a close and highly competitive match.

The battle between CWU and Quinnipiac brings women’s rugby 2-0 at home and gives confidence to the team heading into this weekend’s tough matchups vs. Brigham Young University (BYU).

Last year, CWU won two of three matchups against the Cougars before BYU eliminated the Wildcats 24-10 in the Division 1 elite semi-finals.

“Hopefully there’s not much talk about last year, I flushed that, it’s gone. It’s just about moving forward and getting some really good competition from a good quality program,” Denham said.

Both teams have been competing at a high level, and the players have been working hard in preparation for BYU this weekend.

Third year center and captain, Asinate Serevi, who scored a try during last year’s upset loss to BYU, believes that the winner will be the team who wants it more.

“It was [BYU] who wanted to win that game last year and they showed it and they proved it to us,” Serevi said. “This year it’s the same thing. Get on the field and see who wants it the most.”

Senior lock Carrie Vaillancourt agrees with Serevi’s assessment and knows that, in rugby, nothing is guaranteed.

“It gave us room to grow. We learn from our mistakes and we just go from there,” Vaillancourt said.

CWU’s women’s rugby has been preparing all week for this tough matchup and will be ready to perform when the time comes.

“We focus on our game,” Denham said. “The main thing is playing our level and our pace so no matter who we play against we don’t let any other team slow us down or outwork us.”
Loderio, Morris give Sounders hope

By Mitchell Johnson
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On July 25th, the Seattle Sounders FC sat with a record of 6-12-2 (20 points), 10 points out of a playoff spot in ninth place with 14 games to go. The next two days for the Sounders turned out to save their season.

July 26

After an uninspired 3-0 loss to Kansas City the day before, the Sounders fired longtime Head Coach Sigi Schmidt. “It wasn’t necessarily my decision alone, but I’d say I took the lead on that and decided that this was the right time,” majority owner Adrian Hanauer said.

This was a difficult decision for management after leading the Sounders since their inaugural season in 2009. Schmidt lead the Sounders to four U.S. Open Cup titles and won the Supporters Shield in 2008, a title awarded for the best regular-season record.

The Sounders promoted Assistant Coach Brian Schmetzer as the interim head coach. “We’re going to have an attacking, scoring, tough-nosed defensive team that wins games,” Schmetzer said.

July 27

One of the biggest problems for the Sounders was getting heat in the midfield with their three midfielders.

The Sounders signed attacking midfielder Nicolas Lodeiro and midfielder Alvaro Fernandez. The Sounders changed their formation to a 4-2-3-1. This formation has only one attacker, while adding three attacking midfielders and two defensive midfielders.

The Playoff Push

During the Sounders’ first 20 matches, Seattle scored 21 goals including two or less goals in every match besides a 5-0 win against FC Dallas. During the last 14 games, the Sounders scored 22 goals.

Loderio has been one of the biggest impact players for the Sounders, scoring four goals and assisting in eight, while only playing in 12 games. His impact has been in the middle of the field, and he has proved to be one of the most creative players passing the ball — something the Sounders lacked.

With its star player, Clint Dempsey missing games from an irregular heartbeat, the team raised at a meet last Spring, the CWU Swim Club headed to the U.S. Masters National Championship in Greensboro, North Carolina. Expenses for the trip totaled $9,000 and were greatly subsidized by the nearly $3,500 the team raised at a meet last season.

Of the 12 swimmers that competed in Greensboro, 10 are returning to the pool for CWU this season, including swimming team advisor Jaeger Olden who placed seventh in the 400-yard individual medley.

“I felt good; it [was] the fastest I’ve ever swam,” Jaeger Olden said of his performance in April.

But Olden has a bigger focus this season. He has his sights set on swimming the mile, the 400 individual medley and the 200 yard freestyle at Nationals. U.S. Masters Swimming differs from high school level competition because, even though a swimmer is registered with a team, they compete individually at meets. As a result, it is common to have 30 individuals competing from all over the country at one sanctioned swim meet.

In the pool, anywhere from two to five times a week, the team averages 2,000 to 3,300 yards swim per practice— the equivalent of just over two miles a practice at the most. Most of those yards consist of drills, like underwater starts and dolphin kicks. For senior backstroker Bryan Dahlgren, in order to improve breath control and better his overall form, these drills are essential.

The next home meet for the CWU Swim Team is Oct 22. The final meet will take place in January, with the exact date to come at a later time.

When the club isn’t in the pool or doing dryland practice three days a week, you can find the team doing a wide variety of team bonding activities, from movie nights to team dinners to river floats and visits to trampoline parks.

Nicolas Loderio (left) has been one of the biggest additions to help strengthen the midfield. Jordan Morris (13, right) has led the Sounders in goals with absence of Clint Dempsey.