Observer

Central Washington University

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By Ryan Kinker
Kinkerr@cwu.edu | @RKinker94

After starting off the 2016 season with a historic 5-0 record, CWU women’s soccer has made the record books yet again. The Wildcats have clinched the No. 2 seed in the GNAC Championships, while posting the best regular-season record in school history (13-4-1 overall, 8-3-1 GNAC).

“That’s always a great accomplishment,” Michael Farrand, head coach said. I think it says a lot about our group of girls and their commitment to each other and their commitment to soccer.”

While Western Washington University (WWU) has posted the second-best record in all of Division II Soccer (17-0-1 overall, 12-0-0 GNAC) while winning the regular season GNAC title, CWU has had a season to remember behind the excellent play of 11 upperclassmen who have started at least one game.

Junior Forward Whitney Lowe, who also serves as a team captain, is one of the many players who feels that their athletic careers at CWU have led to this successful year for the team.

“We’ve worked so hard since my freshman year to get to this point,” Lowe said. “It’s coming together now. My freshman class was very big and now we’re all juniors. The atmosphere and environment is just more mature. We’re not necessarily an older team, but we kind of are. It’s all coming together from freshman year to now and it’s great to see all of our hard work start to pay off.”

NY Times columnist visits campus

By Kailan Manandic
cwuobservernews@gmail.com | @KailanManandic

Roger Cohen, a columnist for The New York Times, will participate in an election discussion panel this Thursday, Nov. 3.

Cohen will sit alongside Todd Myers from the Washington Policy Center to discuss the current presidential race from both a liberal and conservative perspective.

The panel starts at 6 p.m. after a reception at 5 p.m. Both events are free and take place in the McIntyre Music Building.


Cohen also gave a talk last Wednesday, Nov. 2 on the Syrian civil war and refugee crisis. The talk is a part of CWU’s annual Social Justice and Human Rights Dialogues (SJHR).

The SJHR is an annual year-long series that will focus on immigration and refugee issues. According to political science professor Barbara Flanagan, the SJHR executive committee hopes to feature lecture, panel discussion, workshops and presentations throughout the year similar to the previous series.

- See cwuobserver.com for full event coverage

CWU staffer forges family ties

By Sarah Quartararo
scene@cwuobserver.com

In addition to running the Residence Life (Reslife) office with scientific precision and order, Anna Cairns has another talent: finding a family wherever she goes.

Cairns was born in Seoul, South Korea, and grew up in Yakima before moving to Seattle and, later, Ellensburg. She was brought to the United States with a group of infants and adopted when she was three months old.

But that wasn’t the end of the story for the adoptees—their new families kept in touch. In fact, the group celebrated Christmas together for years and Cairns is still in touch with some of the adoptees from her group.

“We all still are friends. Only one person ended up being crazy,” Cairns says with a laugh.

Cairns’ place at Central

Cairns’ office is the picture of order. Mail shipments are efficiently piled into a makeshift mountain in the package room and signed off on before they’re ordered on the shelves. Posters are labelled, rubber-banded and distributed to mailboxes.

She gives her full attention to anyone who speaks to her, swiveling in her chair to look up at her taller coworkers whenever one strides into the room.
Local candidates discuss cannabis

By Jonathan Olsen-Koziol
news@cwuobserver.com | @JonKoziol

County electoral candidates discussed cannabis along with other issues at a candidates forum on Oct. 27.

The Ellensburg Chamber of Commerce sponsored the final lower county candidates’ forum at City Hall where candidates for two County Commissioner seats debated several issues including cannabis.

Cannabis has been a hot-button topic in the county since 2014. The Kittitas County Board of Commissioners agreed to change the zoning regulations regarding cannabis growing operations.

Zoning was changed due to concerns that marijuana growing operations could upset the agricultural balance of Kittitas County and making the area more dangerous. “Without regarding the viability of our Timothy hay industry, the potential decrease in property values and an increase in criminal activity have been expressed time and time again by those residing in our county,” Sharon Meredith wrote in a letter to the editor of the Daily Record.

The topic of marijuana was brought up again via fan questions during the debate for County Commissioner seat two. Incumbent Republican Paul Jewell is running against Democrat Rob Fraser.

Jewell doesn’t believe marijuana is good for Kittitas county and said the “negatives outweigh the benefits.” Jewell was one of the board members who voted to change the marijuana zoning rules in 2014, which limited the area growers can operate in.

He questions the morality of using “harmful products” to fund county services and said there has been a 30 percent increase in marijuana-related emergency calls.

False alarms caused by grow operations spread the sheriff’s department thin, increasing response times Jewell said. The county will not see profits from I-502 sales.

“When is the ethical boundary?” Jewell asked.

Fraser is a proponent for legal cannabis in Kittitas County and said his only campaign contribution was from a cannabis相关 business.

Fraser disagreed with Jewell over the issue of emergency calls, stating the sheriff’s department doesn’t have any problems “with the burden from the dealers of the judicial system,” all laws should be tested for consumer safety and decreases the money spent on drug prosecutions.

In an interview with the Daily Record, Nelson said I-502 is a good thing because it “allows the sheriff’s department to stop dealing with the dealers of the judicial system,” all laws should be tested for consumer safety and decreases the money spent on drug prosecutions.

According to the Daily Record, Osiadacz said she “doesn’t believe there are many benefits” to the county cannabis industry.

With such a large divide on cannabis issues, cannabis advocacy in Kittitas County could have a lot riding on the County Commissioner race.

By the end of this week’s publication date, we will likely all be wondering what the future direction of our country will look like. Perhaps we will even have a faint idea as to how our next four years might play out. And honestly, it’s pretty terrifying either way.

On Tuesday, Nov. 8, America will collectively decide who the next Leader of the Free World will be, and right now, it’s entirely up in the air.

If you turn to your twitter feed at this moment you’ll probably see an ignorant comment (or a dozen) from the Trump campaign, and if you turn to WikiLeaks or the FBI you’ll see the ongoing discussion on my email’s inbox.

There’s not much news to any of this—considering all of the issues that have been going on for the past several months.

However, each time another headline pops up, it becomes more and more challenging to want to vote for either one of them.

But does that mean that you shouldn’t vote? Absolutely not.

Personally, this is the first presidential election I get to be involved in, and I’m certain that many of you are in the same boat (especially considering the overwhelming number of underclassmen on campus).

I’ve watched this entire election more or less from afar, keeping my distance (as to avoid political debates) while still remaining informed.

However, when I opened up my ballot a few days ago I was surprised.

I knew for sure that there would be the two main candidates on the ballot for the presidential race (Trump and Clinton) in addition to at least two other candidates (Johnson and Stein).

But there aren’t just two, there’s seven, and one is even from Seattle…

Am I the only person that finds it strange that we focus entirely on two political parties when it comes to elections?

Maybe this is our fault for not looking into the political system more and understanding every political party out there.

On many may’s in our government’s fault for constantly blaming the opposing party rather than focusing on responsibility for their own actions.

Maybe it’s the media’s fault for pitting two sides against each other so that all we see is an ongoing conservative vs. liberal storyline.

Regardless, as an American and a voter it is our responsibility to educate ourselves on these issues. We need to look further into our political field and determine what is wrong and how we can fix it.

How do we fix it? We elect new officials over who have accomplished nothing during their terms. We re-elect the people who are making progress and benefit a stable, functioning government.

But most importantly, we become informed. Not just on the big issues that political pundits rant about, but on the local issues that will affect our own community and our own state specifically.

So please, if you think that there’s hope for this election, don’t shy away from your ballot. Grab a voter’s pamphlet and study all the information about every side, every angle, every consequence before you throw your ballot in the mail. Focus on the little things.

Look over each candidate for office, and if you don’t like them, vote for a write-in candidate.

I don’t care who or what you vote for, I just care that you get out to vote and bring your knowledge to the table.

Don’t be a lazy voter who simply checks the boxes, slaps on an “I voted” sticker and then walks away without even realizing the importance of this vote.

Not everyone gets the opportunity to choose who represents them in the government. Don’t take this for granted. Please get out and exercise that right to vote. Your decision matters, and in less than a week, you’ll see your decision play out firsthand.

Editor’s Note: On the back of this week’s paper you’ll notice the sign on behalf of the Not In Our KittCo group that has formed throughout campus and that will be handing out stickers.

As we take a stand against hate and racism, we ask that you join us and show your support for Not In Our KittCo and the message of peace and inclusivity that they strive to maintain.

Feel free to take as many papers as you’d like and hang the sign up in your dorm window, distribute them at your event or anywhere that is visible to the community. Ask your friends to do the same.

Everyone has different memories and opinions about their terms. We re-elect the people who are making progress and anyone who is accomplished nothing during their term.

Correction: On page three of our last issue we referred to Manuel Rodriguez as a SUNY student. He is a clarinet player and the director of OCE. Additionally, we confused the name on the front cover.

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“Game On!” teaches soccer and coding

By April Porter
news@cwuobserver.com | @cwuobserver

Real Madrid Foundation, Microsoft YouthSpark and CWU’s Center for Leadership and Community Engagement have partnered to bring about the “Game On!” program. This program is already in motion in Yakima at Stanton Academy and Eisenhower High School.

Game on! is a “unique after-school venture that teaches leadership, social, and digital literacy and college-ready skills.” According to CWU’s Game On! page, this unique after-school program is held for middle and high school students.

During the twice a week after-school sessions, the students will start out with about 30 minutes of coding and switch to soccer for about 60 to 90 minutes.

Manuel Rodriguez is the head of the Center for Leadership and Community Engagement. Rodriguez says the goal of the program is to get kids re-engaged in the school. The program teaches students strong character and encourages them to complete school.

CWU plays the role of making after school education a reality in the young adult’s lives. Many of the students do not think it is possible to make it to college for different reasons. After students see how they can get to college, they are reminded “this is for them,” Rodriguez said. When the students are able to go to the college campus and see it all, it makes all more attainable in their mind. The campus tours “make it real for them,” and “transform students’ lives,” Rodriguez said.

The coding section teaches the fundamentals of programming. The children are also able to “understand what makes an app work,” Rodriguez said. By the end of the year the students are able to put together an app related to soccer.

The soccer sessions are interactive. The game builds self-esteem and includes both male and female players. During the soccer matches, the kids are taught positivity and encouragement.

The schools choose which students will be in the program, because it is the teachers who know the students best. The students who are chosen for program are those students who are “underrepresented,” Rodriguez said. This program gives these students an in with knowledge and an out from some of the stress of life.

Game On! hopes to work with middle schools by spring of next year. Currently, the program is identifying prospective students. They will start coding in the winter and will add on soccer by spring. Some of the other people closely involved with the program are President Gaudino and Luis Esteban, who consults through Spain. CWU also got involved along with people from Amazon.

So far the response has been positive; students are enjoying the program and learning. The program is building more career knowledges for students and opens higher education in the student’s eyes.

It all seems to be positive overall, “I fully believe in serving in the community,” Rodriguez said.

The “Game On!” program teaches high school students career skills and coding while also providing time for exercise.

 Courtesy of CWU and Game On!

The campus tours “make it real for them,” and “transform students’ lives.”

-Manuel Rodriguez, Director of the Center for Leadership and Community Engagement

KITTITAS COUNTY DEMOCRATIC PARTY 2016 ENDORESEMENTS

ROB FRASER
EHIS ’09, CWU ’78
County Commissioner Dist. 1

ERIN JONES
Superintendent of Public Instruction

TONY VENTRELLA
US Congress

HILARY FRANZ
Commissioner of Public Lands

TINA PODLODSKI
WA Secretary of State

INITIATIVE 71, CARBON TAX, YES
INITIATIVE 735, CORPORATIONS ARE NOT PEOPLE. MONEY IS NOT SPEECH, YES
INITIATIVE 1141, MINIMUM WAGE, YES
INITIATIVE 1144, EXTREME RISK PROTECTION ORDERS, YES
INITIATIVE 1150, INCREASES FRAUD PENALTIES, YES

PATTY MURRAY
US Senate

JAY INSLEE
Governor

And, of course:

• HILLARY RODHAM CLINTON • PRESIDENT OF THE UNITED STATES

Honorable Mention:

CARL NELSON

PHOTO ATTACHED

OBSE.VER | Nov. 3-Nov. 9, 2016 | cwoobserver.com
NEWS
EDITOR: KAILAN MANANDIC | news@cwuobserver.com
Some people were interested in working with children in the hospital. “We have an undergraduate [in Family and Child Life studies] that has been here the last two years, and the master’s has been revised and is now in effect,” said Amy Claridge, director of the Family and Child Life Program.

“Some of our jobs as child life specialists is to help make the hospital environment less scary ... we know going to the hospital is a really stressful thing, especially for kids.”

By Ray Payne

THE OBSERVER | Nov. 3-Nov. 9, 2016 | cwuobserver.com

The market demand for students with a craft brewing degree or certificate has been growing, and CWU’s craft brewing program is attempting to fill it.

“The market demand for students with a craft brewing degree or certificate has been growing, and CWU’s craft brewing program is attempting to fill it.”

The program is now in its second year and offers both a bachelor’s of science in craft brewing and a certificate.

According to the craft brewing department, there are over 50 CWU alumni currently working in the craft brewing industry.

“Everyone who has left from the program has been able to find the position they want,” said Frank Adddeo, a student who moved to Ellensburg to get a Craft Brewing certificate.

Some CWU alumni have worked at Iron Horse Brewery, Yakima Craft Brewing, Big Sky Brewing and Ram Pubs & Brewery.

Students in the program will have access to a brewery, even if they are interested in subjects such as chemistry and business administration.

“People who are interested in getting into the brewery industry that are not interested in the sciences at all,” Adddeo said.

“Some people were interested in marketing, some people got into it who were interested in graphic design and no brewing.”

The program allows interested students to dive directly into the sciences of brewing and develop a basic knowledge that they can use within the industry. Adddeo’s wife, Megan Myers, who moved to Ellensburg with him, described their goals for how they plan to use their knowledge in the industry.

“We are hoping to go back East to New York or somewhere else and create a brewery together. Probably a medium size; maybe a 30-barrel, maybe a 50-barrel,” Myers said.

Myers, who has a background in theater, is also pursuing a craft brewing certificate instead of the degree.

Despite not having a background in the subject, Myers and her husband still intend to leave the program with a better understanding of biology.

“We hope to also learn as much as we can about microbiology while we’re here so we can possibly have our own yeast lab as well,” Myers said.

“There is a stereotype that some students in the program are only interested in drinking and won’t take it seriously,” Adddeo said.

“Adddeo assures that’s not the case. “The only people who will have that opinion are people who haven’t spent any time in the brewing program,” Adddeo said. “I found, in my experience, that people who are genuinely interested in the making of a product are not trying to engage in the product. The craft brewing program’s handbook states that anyone who misuses alcohol will be immediately dismissed from the program.”

“You will not find a funnel here — at least not for that kind of purpose,” Adddeo said.

Both Myers and Adddeo agreed that the program was both challenging and serious. The program includes students from different backgrounds who are serious, take pride in their work and enjoy what they do.

“People are looking at this as a craft, looking at this from a technical perspective. You’re not trying to make the most of something — you’re trying to create a product that is unique, distinct and interesting,” Adddeo said.
Celebrate the Final Leg of the 2016 Presidential Election

Watch history unfold. Enjoy Food and Giveaways!

November 8th
@ 6pm In the SURC Pit
Trump’s division won’t make America great again

By Jacob Quinn
jacobquinn89@gmail.com

Trump reminds me of 2 Girls: 1 Cup. He’s shocking, grotesque and you want to look away, but you just can’t. And just when you think you’ve heard everything, that he couldn’t possible make a bigger mockery of himself or our political process, he outdoes himself. It’s as if he gets a high from fanning morality down the toilet.

But I didn’t write this to delve into the horror that is Trump. There was a great article about his latest fiasco in last week’s paper and hell, if you want more Trump lunacy, Google will give you more than you’ll ever want. I want to talk about people. People who want Trump to be president. These folks are not just white supremacists, anarchists, etc. But people and students just like you and me. They struggle with essays, worry about paying off their loans, wonder if they need another Red Bull to get through another hour of study and hope the hot guy or gal in their class will go out with them.

They’re human beings with hopes, dreams and desires, sharing in life’s universal struggle. And I think more often than not, we non-trump supporters, forget that.

We see the crazies in the news media or watch in horror as Trump says or does yet another atrocious thing, watch in horror as the Red Bull to get through another day, which means I drove an hour and a half for the joy of driving over the mountains and back once again.

Do not even get me started on the parking on campus! Something that has helped with the drive is Audible; what a fantastic invention. Last year for CWU, went through the whole Harry Potter series.

This year I wanted some balance in my life, so I am listening to “Focus on the Family” on the way to school and “Jurassic Park” on the way home. I get my good family advice on the way to CWU and dinosaurs commuting from Yakima to CWU, went through the whole Harry Potter series.

Being a poor college student commuting from Yakima leaves me in Ellensburg until my last class is done in order to save on gas. No matter how late that class may be.

Every Tuesday this quarter I have an 8 a.m. class and a 4 p.m. class, which means I have about a six hour break to do whatever I want. So my Netflix relax time is usually spent in a café on campus.

Never take your warm comfy couch at home for granted! And I want to thank every professor who felt the need to cancel class last minute. I do not check my email on my 45 minute drive, so when I show up for class and no one is there it is a little disappointing. Especially if it was the only class I had that day, which means I drove an hour and a half for the joy of driving over the mountains and back once again.

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An 8 a.m. class means a 6 a.m. alarm. I leave my apartment an hour ahead of time to leave for CWU.

“Why?” You ask. Because I live in Yakima and drive 45 minutes to school and 45 minutes back five days a week for my education. There are just a few things I have to keep in mind because of my long commute.

One of those is making sure I have everything I need for the day in my backpack. The chance most people get to run back to their room quickly and do it again. We see the crazies in the news media or watch in horror as Trump says or does yet another atrocious thing, watch in horror as the Red Bull to get through another day, which means I drove an hour and a half for the joy of driving over the mountains and back once again.

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The life of a Yakima commuter

April Porter

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The life of a Yakima commuter

April Porter
Friendship and memories at North Village Café

By Ryan Kinker

I don’t think there’s a single building on Central Washington University’s campus that has had as much of an effect on my life as North Village Café (North).

I lived in Alford-Montgomery Hall my freshman year, worked as a Resident Assistant in Wendell Hall my junior year and spent more time in there than anyone and I always had the Manager of North Café, someone who was always there. I never really knew how to feel about it. I never really knew about his family, about his hobbies or about any specific aspect of his life other than his workplace, yet I felt I had lost something.

Edwin was a part of my life at CWU, someone who was always there. He was a part of my life every single Saturday that year. That’s a memory I’ll never forget.

It was one of the many days that I spent feeling like a waste of space as I quietly bit into the fluffy roll. I had no money, I was failing and not showing up to music major (and boy, are there a lot of music major problems). That’s a memory I’ll never forget.

The first time I missed a college class (costing me half a letter grade, because the Music Department is ruthless) was because I spent the better part of three hours talking to a very upset friend who lived in my residence hall. She was having boy issues that only compounded the troubles of being a first-year music major (and boy, are there a lot of music major problems). That’s a memory I’ll never forget.

The first day I had a rough night on weekend duty (being up until 2 a.m.) in Wendell, I spent the next morning eating the special breakfast platter they serve every single Saturday. Eggs that practically dripped with butter and for my friend, it was a Zero candy bar and I had no money, I was failing and not showing up to classes, I played video games 12 hours a day and I truly felt there was no purpose for my life. I was within the darkest place I have been mentally.

We went to the C-Store in Burg, including in the SURC. I learned he only ordered them because he liked them, regardless of how everyone else at CWU Dining Services felt about them. He was really cool and told me his name was Edwin. That’s a memory I’ll never forget.

Every time I went into North after that day, I saw him and he’d ask how I was doing and we would talk as he worked the register. We always had a good laugh together about something that was happening on campus, or if there was a long line. He was the only professional staff in Dining that I liked to see because he made my experiences in North Café better.

I saw him this past Wednesday as I got the same sandwich I always have gotten, banana peppers and all. We talked and he made a comment about me getting the same sandwich and I laughed and told him that I’m not a fan of change. I didn’t know then that it would be the last time I would see Edwin Torres-Pagan. I found out Sunday that he passed away Thursday night at 64 years old, a day after I had seen him last.

I didn’t know how to feel about it, I never really knew him, I didn’t know about his family, about his hobbies or about any specific aspect of his life other than his workplace, yet I felt I had lost something.

Edwin was a part of North Village Café. He spent more time there than anyone and I spent more time in there than any other building on campus. He was a part of my life at CWU, someone who was always there, meaningful to me or not.

I know there are plenty of former workers, current workers and supervisors all across campus that feel the same way I do and will miss him.
Senior defender Jessica Haga, who Coach Farrand described as “probably the best defender in school history,” thinks that the bond the team has formed over the last few years has led to a much better product on the field.

“This season has been the best for team chemistry,” Haga said. “That’s helped a lot in getting us to go further. We’re very excited to get to go forward, it’s new territory [for us].”

While the Wildcats averaged almost 5 or more shot attempts per game than their opponents (15.2 to 10.6), Coach Farrand believes that is more indicative about the skill of their defense than a time-consuming offense, as the team averaged 0.94 goals against per game through the season.

“We’re built around strong defense and our goals against average is below one [per game],” Farrand said. “I think to win championships you have to start there.”

Aggressive play has also created benefits for the Wildcats, as the team was second in corner kicks (101), points (87), goals (31) and assists (25).

Mackenzie Nolte, Keilin Farrand and senior defender Allie Bohnett were all voted to the 2016 GNAC Women’s Soccer All-Conference First Team Tuesday. Jessica Haga, junior defender Abbie Litka and Whitney Lowe were all voted Honorable Mention. Farrand and Bohnett were unanimous selections to First Team. Bohnet was voted to the Second Team in 2015 and a Honorable Mention in 2014. Nolte was voted to the Second Team in 2014 and 2015. Lowe was also Second Team in 2015, with Litka being voted Honorable Mention in 2014 and 2015.

Aside from excellent play of 6 All-GNAC honorees, one of the biggest keys for a 13-win season has been the team’s refusal to play into the strengths of their opponents.

“We actually talked about this last week,” Farrand said. “We just want to concentrate on our brand of soccer and our style of soccer and not get too caught up in what other teams are doing.”
With the #2 seed in the GNAC Tournament, CWU will host #3 seed Seattle Pacific University (SPU) in Burnaby, British Columbia on Nov. 3. CWU beat SPU 1-0 on Sept. 26 in their first matchup of the season, and the teams tied 1-1 on Oct. 4.

"After the tie [in our last game against SPU], we want to come out a little harder and show them who we are," Lowe said. [We want to] play like we did the first time, which was one of our best games. I think we’re all excited.”

SPU is the only team in the GNAC to win a Division II National Championship (2008), while also making the Division II National Championship match in 2005 (a 2-1 OT loss to University of Nebraska-Omaha). SPU made the Division II Final Four in 2007 as well.

“We’ve always kind of had a rivalry with them, but we’ve been coming out on top recently,” Haga said. “We’re looking forward to continuing that trend. But they’re definitely a good team to play against as when we face them they bring out our best play.”

WWU, who made the Final Four in 2013 and 2015, is the #1 seed and will face #4 seed Simon Fraser University (SFU). The winner will face the winner of CWU/SPU on Nov. 5.

If CWU finds a way to beat SPU for a second time this year, they will face a WWU team that defeated the Wildcats 4-1 on Oct. 22.

“To meet in a possible matchup with [WWU],” Farrand said. “It’s great but it doesn’t matter to us. You still have to win, whether it’s WWU, SPU or SFU. To win a GNAC championship, you still have to win. It doesn’t matter who you play.”

The last three GNAC Championship games have been between WWU and SPU, with SPU winning in 2013 and 2014. This trend has not deterred the Wildcats from accepting the challenge. “SPU and WWU have continually been the top two teams in the GNAC,” Farrand said. “Both have been to the Final Four, so they have a long history of winning.”

While WWU are overwhelmingly the favorite to win, leading the league in every statistical category possible, while being ranked #1 in the Division II West Region Rankings. After having a season a cut above the rest, however, the Wildcats aren’t going to shy away from an underdog narrative.

“Like Coach [Farrand] said, we’ve already broken [school] records,” Haga said. “So anything we do from here on out is new for us and exciting.”
Reslife is constantly in motion. Someone steps out of the computer room and looks for a book that, as it turns out, only Anna Cairns can find. A few minutes later someone else sticks their head out and asks Cairns to arrange meetings.

Cairns calls new hires and organizes interviews. She notifies Human Resources about the incoming paperwork.

She jogs to the back of the mail room and pinpoints a student employee.

"Wanna do some filing?" Cairns asks with sarcastic enthusiasm, thunking down a three-inch-tall stack of paper, the tailfin of her full-sleeve tattoo peeking out from the cuff of her sleeve.

"Family" from page 1

By Sarah Quartararo

Cairns ended up in Seattle in pursuit of a fairytale ending.

"I thought I fell in love," Cairns said.

But the relationship didn’t work out. Her significant other left before Cairns had started classes, found a job or even bought furniture.

"I didn’t even have a bed... literally starting with nothing," Cairns said. She wandered into Zoka Coffee Roaster & Tea Co in the University Village area.

"I told them I would do anything to work for them," Cairns said. She spent the next three months cleaning the coffee shop. Eventually, Cairns became a manager.

"We created a family out of our store," Cairns said. "A lot of us were away from our families.”

One day a Korean woman strolled into Zoka. The woman bonded with Cairns and ended up taking some paperwork back to Korea to help Cairns track her children. Eventually, Cairns became her manager.

"We wanted to find my bio mom so bad," Cairns recalled.

In 1994, a Presbyterian Church took Cairns’ family and four other families to Korea, where the children had been born, and they stayed for three weeks.

The woman who had gone back to Korea with Cairns’ records struggled with the search because a lot of documents were inaccurate at the time of Cairns’ birth. Eventually authorization stamps on the paperwork led the woman to the police station where Cairns had been abandoned as an infant.

Reslife is constantly in motion. Someone steps out of the computer room and looks for a book that, as it turns out, only Anna Cairns can find. A few minutes later someone else sticks their head out and asks Cairns to arrange meetings.

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From hararia to manager of a coffee shop to a ResLife officer, Anna Cairns has come a long way to find her new home and family here at Central Washington University.

"Most of my childhood I spent wondering where my biological mom was," Cairns said. "Knowing it’s pretty much impossible gave some closure.”

The move to Ellensburg

Cairns moved from Seattle to Ellensburg after a bad winter when it seemed like the pass was closed more often than not — separating Cairns from her new girlfriend who lived in Ellensburg.

Cairns met her girlfriend online. They ended up emailing back and forth. They agreed that they’d see each other exclusively, and Cairns made the drive to Ellensburg for their first in-person meeting.

They met at Starlight Lounge for their first date.

"I told her I’m going to marry you someday,” Cairns said.

That date led to their first year of commuting to see each other, alternating who travelled every weekend.

Cairns found her final family and the two now live together; between them they have three children. Cairns had her daughter when she was 19, and her girlfriend has two children, one 19 and one 17 years old. The two run their house with the same order that Cairns runs ResLife.

"We try to do everything on the weekend - laundry, cleaning," Cairns said. "You kind of have to or it doesn’t work very well... I pre-pack Chloe’s lunch at nighttime.”

And there will be no pets in their household. "Three kids is more than enough," Cairns said. "It’s hard enough for me to remember to pack my own lunch, let alone feed a fish.”

Cairns starts her day coming into the office before classes, sometimes logging early hours before the office is open on busier days. She checks her email, checks in with her superiors, and delegates tasks to student employees.

Her organizational superpower? Sticky notes. They line her computer screen, the edge of the desks, down the keyboard and the back of the counter. Every time a task is done, she pulls the note from its perch and tosses it in the garbage with satisfaction.

"The team of people I work with, the relationships, the women in housing have really been mentors to me,” Cairns said.

Home in housing

The housing department has become another family for Anna. Venetta Miller, a financial specialist at Central, has become one of Cairns’ friends at Central.

Venetta especially has encouraged me to continue my education,” Cairns said. "For the last year or so we go to the Wellness Hour to work out, and she’s been a good support for me in a lot of ways and sometimes people don’t always get to see that.”

Cairns will graduate from CWU with an interdisciplinary studies in social sciences degree this spring.

Cairns will have worked in the ResLife office for two years at the end of March.

"In this job I’m able to help people,” Cairns said.

In a little less than an hour, more than 15 people come through Cairns’ office. Two stop to talk and five stop with questions: the computers aren’t working, there’s a question about mail delivery, where should the posters go? Some people just stop to chat.

Even while being interviewed for this story, one of her taller coworkers comes over and drapes himself over the front of the counter, arms spread out in front of him.

"Hey Anna,” he says before launching into an energetic story.

"I'm going to start new family

CWU employee finds a home here in Ellensburg

From hararia to manager of a coffee shop to a ResLife officer, Anna Cairns has come a long way to find her new home and family here at Central Washington University.
Dia de los Muertos celebrates the nights when loved ones return from beyond the grave

By Jacob Quinn

Dia de los Muertos is a spiritual celebration that honors those who have passed away. The holiday is observed with a procession in Dean Hall led by a group of Aztec dancers and a thurible. Guests will also be able to enjoy a photo booth, Pan de Muertos (Day of the Dead Bread) and face painting.

The day that the dead walked the Earth

Día de los Muertos

On Nov. 4, CWU will celebrate the Day of the Dead, a traditional Mexican holiday that honors loved ones who have passed away.

According to the Day of the Dead, the holiday has since spread to the United States and various other locations where those with Mexican ancestry reside.

“Day of the Dead is a two-day event,” said Veronica Gomez-Vilchis, a diversity officer for the Center for Diversity and Social Justice (CDSJ). “November 1 is when we honor all the children who have passed away. November 2 is when we honor the adults who have passed away.”

“Though Dia de los Muertos is occasionally mistaken for Mexican Halloween or a black magic ritual, it’s an ancient Aztec festi- val of the Dead,” Gomez-Vilchis said. “From 6-9 p.m., beginning with a procession in Dean Hall and the SURC East Patio, where the Aztec dancers, with the permission of the four winds (different gods in the Aztec spiritual belief system), will begin the opening ceremony by spreading incense with a Thurible. At the ceremony’s conclusion, the Aztec Matazachi Del Centro, a DJ and a live Mexican band, will play songs about the Dead.”

There will also be a chance for participants to make paper flowers, sugar skulls, and other Mexican traditions, including tamales and hot chocolate. It’s affordable for the students — only five bucks. They can grab two tamales and a drink and “they’ll be good to go,” Gomez-Vilchis said.

Several CWU and independent organizations came together to make this event possible: CDSJ, Center for Leadership and Community Engagement (CLCE), Movimiento Estudiantil Chicanx de Aztlan (MEChA), Casa Latina Student Center for Leadership and Community Engagement (CLCE), Movimiento Estudiantil Chicanx de Aztlan (MEChA) and Casa Latina.

“At the moment, 75-100 people have been admitted,” Gomez-Vilchis said. “It’s exposing a much wider audience to the holiday. We’ve also had a great turnout. We always get great feedback from the audience.”

“People hear ‘Day of the Dead’ and they think it’s some sort of voodoo ritual, death worship thing and that’s really not the whole intent of it at all. At CWU, Day of the Dead will be celebrated on Nov. 4th from 6-9 p.m., beginning with a procession in Dean Hall led by a group of Aztec dancers from Guadalajara. Normally, the Aztec dancers are the ones who lead the procession,” Gomez-Vilchis said. “And that’s what’s going to happen here. They’re going to educate the students about why certain steps happen, why this music and why this dance.”

The procession will continue to Randall Hall and the SURC East Patio, where the Aztec dancers, with the permission of the four winds (different gods in the Aztec spiritual belief system), will lead everyone into the ballroom and perform a couple more dances.

“They’ll do the dance of the Dead,” Gomez-Vilchis said. “In addition to the dances there will also be music from the CWU Mariachi Del Centro, a DJ and a live Mexican band. Guests will also be able to enjoy a photo booth, Pan de Muertos (Day of the Dead Bread) and face painting.”

“One of the reasons I’m so excited about the Day of the Dead is because it’s exposing a much wider audience to a very family-oriented celebration of life,” Craven said. “There’s music and food and dancing and this opportunity to get together if you can, to celebrate with your family and other families. And it seems like a much more positive way to deal with the concept of loss: rather than dwelling on the loss, you think more about what you’ve gained.”

For more information on Dia de los Muertos, visit cunawu.org/dia-de-los-muertos or askdrh@cwuobserver.com.

According to Gomez-Vilchis, “Although the holiday has been around for a long time, many people aren’t fully aware of all the traditions.”

“November is dedicated to the holiday and that’s really important,” Gomez-Vilchis said. “It’s a way to honor the adults who have passed away.”

Dear Student,

Yes, by all means, stop taking that birth control! I have no idea why your doctor would encourage you to continue a method that doesn’t work for you, but it sounds like it’s just not working for you.

Because birth control pills are a hormonal method to prevent pregnancy, the health of the entire body is expected. Some women experience headaches, erratic emotions, loss of sex drive, etc. Some even joke that if these results are how birth control works — it makes them unappealing to partners and not interested in sex.

All jokes aside, while some people may choose to tolerate these side effects, if your birth control is making you miserable, there’s no reason to continue. There are plenty of methods available and you’re well within your right to try alternatives.

Have you considered the IUD? Although the hormonal IUD is more common, there is also a non-hormonal method that may work for you. Most people report having lighter or no periods with the Mirena IUD, while others report a heavier period (though certainly not every day!) with the non-hormonal.

Although birth control pills are easier to control, removing an IUD needs to be done by a provider. Some women simply cannot tolerate any hormonal birth control, but if you’ve shopped around and you’re still experiencing unpleasant side effects, a barrier method (condoms or diaphragm) may be your best option.

The bottom line is that the most effective birth control is the one that you actually use, so it’s best to find something that doesn’t make you miserable.

If you don’t feel comfortable with your provider (i.e., they encourage you to keep taking pills you don’t want to or refuse to offer you other options), I would recommend finding another, if you can. If you go to a specific clinic, you can request a different provider at the same clinic. Sometimes it’s difficult to be your own advocate, but you have the right to a provider you’re comfortable with and who’s a birth control method you actually like.

Antidepressants make us so little sex drive. Is there anything I can do?

Dear Student,

A decreased sex drive is a common side effect of many antidepressants. Whether you’ve never expressed this to your provider, I would encourage you to do so. Because it’s a concern, assured they have likely heard this complaint before. There may be other options for medication that do not have such a severe impact on your sex drive, and your provider can figure out if other treatments may be a good fit for you. However, this may not be the case.

Your provider has to weigh the costs of changing your treatment, and while having no sex drive can be frustrating, if the antidepressants are otherwise working for you, they cannot be discontinued.

If you don’t have a therapist but would like one to help manage your depression, contact the Student Medical and Counseling Clinic on campus.

Putting pressure on yourself to want and enjoy sex only makes it more challenging to do so. Perhaps you can find ways to help in on the sexual experiences that bring you pleasure: good memories of former partners, a favorite fantasy of yours, etc.

Take the time to focus on them as a way to reconnect with your sexual self. If you don’t have a partner and aren’t interested in masturbation, get frustrated with yourself.

Can the aforementioned mental activities help reinvigorate your interest in sex either with yourself or with your partner? If you do have a partner, are they receptive to your situation? If they are not, do you perform or engage more sexually, that honestly will likely only hinder you. Why is your sexual experience challenging? You’re taking care of your mental health and that should be the priority.

Dr. Jill Maxmeer is a public health professor at CWU.

Ask Dr. H.

Send anonymous public health and sex related questions to askdrh@cwuobserver.com and have them answered here.

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Ask Dr. H.

Dear Dr. H,

If my body cannot tolerate birth control (it causes hormone imbalance and heavy bleeding daily) and my doctor won’t re-prescribe it, should I continue to be the靥 encourager or should I stop treatment? Help!

Dear Student,

If there is no birth control, I would encourage you to continue a method that doesn’t work for you, but it sounds like it’s just not working for you.

Because birth control pills are a hormonal method to prevent pregnancy, the health of the entire body is expected. Some women experience headaches, erratic emotions, loss of sex drive, etc. Some even joke that if these results are how birth control works — it makes them unappealing to partners and not interested in sex.

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Dr. Jill Maxmeer is a public health professor at CWU.
Central Washington University theatre club’s next big performance, “Gruesome Playground Injuries” by Rajiv Joseph, is right around the corner and aims to please audiences with a tale filled with the familiarity of human interaction.

The plot of “Gruesome Playground Injuries” revolves around an ever-changing relationship between characters Kayleen and Doug. The two are seemingly bound together by fate as injuries, both internal and external, bring them together in different periods of their lives. The confrontation of trauma in their lives spans over 30 years. Their first instance of mutual injuries happens on a playground during their adolescence.

Performance bachelor of fine arts (BFA) Matt Ober, who is playing the role of Doug, said, “we’ve been exploring the movement of the swing set. [Doug and Kayleen] are both on the swing set, but they’re never together in the swing... they just briefly connect,” —the connection is circumstantial.

Perhaps the biggest attraction in “Gruesome Playground Injuries” is the characters themselves. Kayleen and Doug come from two family backgrounds and have only one thing in common: their injuries. While Kayleen was prone to mental turmoil as a result of her home life, Doug was raised in a family prone to pranking, which left him with physical injuries.

Every aspect of the play is relatable, because of its ability to capture moments of human nature. From the small intimate staging to the story itself, the play portrays the faults we as humans face when trying to express ourselves.

Theatre studies bachelor and play director Allison Price said what really sets this performance apart from others is “just how relatable it is in forms of how we communicate as people. A lot of what we say isn’t what we want to say, and how we go about that. How we go about feeling broken but still try to maintain some semblance of a relationship.”

The play removes all constraints when diving into the heavier aspects of relationships and keeps familiarity a constant underlying theme for all audience members.

“It’s not the ways in which they’re broken, it’s the time in which they’re broken that brings them together. They happen to be broken in different ways during similar times, which is why they end up leaning on each other and it ends up being the reason why the relationship is necessary,” said Grace Helmcke, a performance BFA major and the actress portraying Kayleen.

In many ways, “Gruesome Playground Injuries” shares a message that is up for audience interpretation, which makes the premise that much more fascinating. “The show will be different for everyone depending on their life story,” Helmcke said. “What they need from it is what they’ll get.”

The cast of “Gruesome Playground Injuries” hopes to provide comfort for those who attend the performance with a story filled with heart and deeply-ingrained humanisms. “We’re trying to provide a two-hour chunk where people sit here and go ‘it is okay for me to be where I am in life. It’s okay for me to feel broken,’” Price said.

The central focus of human nature will illustrate a picture that hits home for every audience member in many different ways.
Wildcat blocks her way to the top

By Natalie Hyland

Sophomore flanker Yana Monoa is described as one of the louder players on the pitch.

When CWU senior Sabrina Wheelhouse started playing volleyball, she didn’t originally start with volleyball. The 6-foot-3 middle-blocker tried her hand at basketball first, but was turned off by the aggressive nature of the game. In 8th grade, Wheelhouse finally gave volleyball a try and fell in love with the sport. Wheelhouse’s position on the court came naturally to her. With her impressive height, her coaches said it was a natural choice to put her right in front of the net, which she was already eye level with. While she says the game is complex, she picked it up easily and continued to advance.

Flash forward eight years and Wheelhouse is ranked No. 2 in blocking in the entire NCAA Division II, boosting the Wildcats to No. 1 in blocks overall, according to the NCAA website. Even with her success, Wheelhouse remains humble, crediting her teammates and coaches as a large part of getting her to where she is today.

“Central Washington is a force at the net,” Wheelhouse said. Wheelhouse, a public relations major, started playing at Sheldon High School and for Boss Volleyball Club in Eugene, Oregon. It was then she first met future teammate, outside hitter Jordan Deming.

Deming, a senior, vividly remembers disliking Wheelhouse while playing on rival teams at both the high school and club level. The two didn’t formally meet until their freshman year of college, when they became roommates.

“Once you get to know her, her fun side comes out” Deming said. “She’s selfless.”

Deming touched on her extraordinary playing and leadership ability both on and off the court.

“Sabrina leads by example. She doesn’t have a lot to say, but she does the right thing consistently,” Deming said.

Wheelhouse says that volleyball head Coach Mario Andaya, assistant Coach Chloe Solum and her parents are her biggest motivators.

When she gets a break from her busy schedule, Wheelhouse travels east to Spokane to visit her parents, or back to Eugene, Oregon, to visit her brother.

When it came time to choose a college, CWU wasn’t the only university on Wheelhouse’s radar. Western Oregon and Western Washington were also possible candidates.

However, as soon as Wheelhouse visited CWU, she felt at home and the choice was made.

Andaya, a 21-year-old coach at CWU, was a big part of the recruiting process concerning Wheelhouse. He said he knew she has and continues to have a lot of potential for growth and much to learn on the court.

Since then, Wheelhouse has lined her four years’ worth of memories practicing, traveling and competing with her teammates. Some overall standout memories in her career at CWU include being named to the All-Conference First Team last year and being one of the top blockers in the NCAA D2.

“[Sabrina] is a good example of working hard, even though she already had been successful,” Andaya said. “She keeps things in perspective.”

Off the court, Wheelhouse’s focus turns to her grades and meeting her graduation requirements while still saving time to let her adventurous side show through. Wheelhouse loves to be outside as much as possible.

When she has free time, Wheelhouse can be found at sporting events or baking and watching Netflix, reminding everyone that even though she’s one to watch on the court, she’s just like another college student off the court.

Deming recalls how quiet Wheelhouse was freshman year, but that view has changed as well. “She’s not really that intimidating,” Wheelhouse said. “I’m just tall.”

Sabrina Wheelhouse (4, second left) stands with her team earlier this season.

“Her true strength is the fact that she is a dynamic, fast runner as well.”

Mel Denham, Head coach

Atop Glendal Tautua

CWU’s Monoa a force on rugby pitch

By Glendal Tautua

A hundred yards from the CWU women’s rugby team’s practice pitch, you can hear distinct yelling coming from players constantly motivating each other.

The closer you get, you can begin to make out who is who and where these voices are coming from.

Among the loudest and most vocal calls to keep pushing themselves is Yana Monoa, second-year flanker from Oakland, California.

If you’ve been to a women’s rugby game, you might know Monoa as a sure tackler and aggressive athlete. Her speed allows her to be effective on both sides of the ball and it does not go unnoticed.

“Yana is one of our most physical players on the field,” head Coach Mel Denham said. “Her true strength is the fact that she is a dynamic, fast runner as well.”

Monoa’s rugby journey began when she was a sophomore in high school, out of admiration for her brothers. She grew up watching games from her father and siblings that made her grow curious about rugby.

The rest is history.

After playing two years of high school rugby, she was already recruiting to play collegiate rugby. Monoa recalls being in class and receiving a call from Denham about possibly playing for CWU.

“It was during school,” Monoa said. “I got a phone call that said ‘Hello, this is Mel Denham from Central,’ so I ran out of class.”

W hile receiving an opportunity to continue playing was exciting, it meant more than just a chance to play rugby. It meant pursuing her education and making her family proud.

“My mom was really happy because I’m the first of her kids to go to a university,” Monoa said. “My dad was really happy, too. It was all good emotions but they also reminded me to stay focused.”

Although her talents and natural athletic abilities come on full display during games, Monoa said he was the first to tell you that none of this comes easy.

In the Tongan culture—and all other Polynesian cultures—family plays a huge role in your life and leaving them can often be difficult.

“Last year I broke and didn’t want to come time school, but my teammates and family motivated me,” Monoa said. “They helped realize I was doing this for my family and myself.”

Monoa is pursuing her degree in photography and wants to someday have her own business. Despite the hardships, she believes that hard work and paying attention to the little things are what help you reach your goal.

“I don’t like when people just say, ‘Oh you’re good at tackling,’” Monoa said. “I would watch videos on tackling and slow-motion videos of myself because it’s those little things that make a difference. I didn’t just wake up one day good at tackling.”

Yana’s work ethic separates her from others and she represents much more than just herself. She is playing for her Tongan culture, family and her belief in God.

“Although [my family] isn’t here, I still carry their last name and I have to make them proud,” Monoa said.
Haynes wears historical 44 number

By Kofi Asiedu

In 2010, Adam Bighill wore the number 44 and won GNAC Defensive Player of the Y ear in 2009. After Woods’ career stats
Position: Linebacker
Games Played: 28
Solo Tackles: 164
Tackles: 253
Tackles for loss: 25
Sacks: 7

The Wildcats are on a cur rent four-game winning streak. The defense has been outstanding this year, ranked second in the GNAC in total defense allowing 335.6 yards per game. The history of Central Washington football is based on having a strong defense and punishing the opponents’ offense with vicious hits.

The tradition started in 2008 when the team decided to create a meaning behind a jersey number. They wanted to reward players who showed dedication and hard work. Mitch Reffett was the first player to wear 44, then it was passed to Buddy Wood.

Wood became a household name for the Wildcats after winning GNAC Defensive Player of the Year in 2009. After Woods’ amazing season, wearing the number 44 will always come with lots of expectations.

In 2010, Adam Bighill wore 44 and won GNAC Defensive Player of the Year. Bighill went on to play in the CFL for the British Columbia Lions.

After six seasons of this tradition, the number 44 had only been given to senior defensive players. In 2013, Tovar Sanchez, a junior linebacker, was given the number for his dedication and hard work. Sanchez is now the all-time sack leader for the Wildcats, setting the sack record against Western Oregon earlier this season.

“It meant a lot to me. The person who wears it has such a big impact on the program and they usually work the hardest,” Sanchez said. “There is a little more spotlight on you and people look up to you because you are holding that number.”

Junior defensive lineman Nicholas Aumua said he looks up to the person wearing the number 44 each season he has been here. “What separates me from others when given that number is my character on and off the field,” Aumua said. “The qualities the coaches look for is the core values we go by. If they see that in a person, then that’s the guy. Myself and others look up to the player wearing 44 because he is one of the leaders on the team to make us better.”

Players will always look for leadership from their defensive captain. The special number 44 is given to the player who shows dedication and hard work. Tovar Sanchez and Kevin Haynes were given the number as juniors, showing that the year in school isn’t a factor in the decision making for who was the number 44.

“The way I see it, it goes to the best defensive player who exemplifies the qualities of a team leader and sacrificial servanthood,” senior wide receiver Jesse Zalk said.
Young players find bigger role on team

By Kofi Asiedu

Central Washington University's women's basketball team has many young players and many new faces. Kortney Graftic is the only senior on the team this season.

The Wildcats are looking to take the next step this season, coming off a year finishing middle of the pack. CWU (17-12, 10-10 GNAC) placed fifth in the GNAC last season.

The top contenders for this season's conference include: Alaska Anchorage, Western Washington and Montana State Billings.

CWU women's basketball is projected to finish seventh in the GNAC.

CWU will be without second-leading scorer Mandy Steward this season, because she tore her achilles tendon. Steward averaged 10.1 points per game as a freshman last season. Her injury will have a major impact on the Wildcats this season.

"We need scorers. We had three or four last season. We are going to need someone to fill the void," Steward said.

According to a GNAC-sports.com coaches poll, Western Washington is favored to win the GNAC this season. The Wildcats are familiar with Western Washington; as conference rivals, Central Washington plays Western twice a year.

Jasmin Edwards

Number: 1
Position: Guard
Year: Junior
Points per game: 11.6
Assists per game: 5.3

Beverly Verduin

Number: 13
Position: Guard
Year: Junior
Games played: 24 of 29
3-point percentage: 37%

Rachel Lorentson

Number: 12
Position: Forward
Year: Junior
Points per game: 3.6
Rebounds per game: 2.0

Sadie Mensing

Number: 11
Position: Guard
Year: Sophomore
Points per game: 3.5
Rebounds per game: 2.8

Taylor Shaw

Number: 22
Position: Forward
Year: Freshman
High School: Oregon City
2014 State Champion

"We need scorers. We had three or four last season. We are going to need someone to fill the void."

Jasmin Edwards, guard

Edwards said, "We have been playing and getting along so well. I'm really excited to get the season going."

In light of Mandy Steward's injury this will open the door for some of the young players.

"We need scorers. We had three or four last season. We are going to need someone to fill the void."

Mandy Steward, guard

Wildcats look to make their third straight appearance in the GNAC tournament this season after finishing in fifth place last year.
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