By Kailan Manandic
news@cwuobserver.com | @KailanManandic

Donald Trump has been elected as America’s 45th president in what is being called a shocking victory over Hillary Clinton.

Trump addressed the nation in a victory speech in the first hours of Wednesday morning and focused on a more moderate note by calling for respect toward Clinton and unity among the nation.

“Now it’s time for America to bind the wounds of our fight,” Trump said. “To all Republicans and Democrats and Independents across this nation, I say it is time for us to get together as one united people.”

Clinton echoed this call for unity as she addressed her supporters Wednesday morning after conceding the race.

“Last night I congratulated Donald Trump and offered to work with him on behalf of our country,” she said. “I hope that he will be a president for all of our country.”

Wednesday morning has also seen many protests across the country. Protesters rose up from California to the White House according to The Guardian.

Trump and Clinton supporters gathered outside the White House in opposing rallies CNN reported. Protests additionally broke out at numerous university campuses.

The Guardian reported protesters chanting “F--- Donald Trump!” at California universities along with trash fires and broken windows in Oakland, California.

President Barack Obama weighed in on Wednesday morning and said he was heartened by Trump’s call for unity in the wake of his victory.

“We are now all rooting for his success in uniting and leading the country,” Obama said. “We all want what’s best for this country.”

CWU has remained a calm environment after the Election Night Bash in the SURC Pit Tuesday night. Over 150 students attended the event which hosted a number of both Clinton and Trump supporters.

“The night remained respectful and AS-CWU Vice President of Legislative Affairs J.R. Siperly said he is thankful for the crowd’s maturity level.

Wyatt Spithaler, a senior in clinical physiology and Trump supporter said this outcome was particularly special for him.

Spithaler received death threats earlier this year for his support of Trump but called for unity and maturity from both sides.

“We’re all adults and we should be respectful,” he said.

Wildcat seniors look to finish last season on top

By Ryan Kinker
Spkts@cwuobserver.edu | @RKinker94

As the season changes from fall to winter, seniors on Central Washington University’s football team are looking ahead to their last collegiate game on Saturday.

“It’s surreal,” Uso Olive, senior defensive lineman, said. “Honestly it feels like just yesterday that it was fall camp. It really happened so fast. You take things for granted, and it happened in the blink of an eye.”

Senior safety Max McIntosh shares Olive’s sentiment about how the last game is going to feel.

“It’s a bittersweet feeling,” McIntosh, who transferred to CWU from Division I school University of Idaho, said. “I would love to finish out strong. I think one of the hardest parts is that I’ve developed so many great relationships through this whole process and met a lot of good people and life-long friends.”

CWU (6-3 overall, 5-2 GNAC) will face Humboldt State (6-4 overall, 3-4 GNAC) Saturday, who the Wildcats beat 42-17 on Oct. 8 earlier in the season.

While CWU dominated the first matchup between the two teams, head coach Ian Shoemaker doesn’t think that takes away from how hard fought this upcoming game should be.
Marijuana policy saw shocking results alongside the presidential election Tuesday night. Nearly all of the states voting on medical and recreational marijuana voted for legalization.

California, Massachusetts and Nevada have legalized recreational marijuana as of Wednesday morning. Arizona rejected its measure and Maine is too close to call on Nov. 9.

Arkansas, Florida, Montana and North Dakota all passed measures legalizing medical marijuana. This election has continued the push towards nationwide legalization. In a recent Gallup poll, 60 percent of Americans support legalizing marijuana NPR reported. This is the highest level in the past 50 years.

Here is a rundown of the states who voted on legal marijuana early Tuesday night. The battleground state was Arizona that they are being so vocal and exercising their individual rights affecting us all, not turn our backs on the community at large, and to be the best source for information, education and entertainment news. As a training program, the Observer is the practical application of the theories and principles of journalism. It teaches students to analyze and interpret information that is vital to the decision making of the community at large. It provides a forum for student expression, in which student editors make policy and content decisions. The mission of the Observer is twofold: to serve Central Washington University as a newspaper and to provide training for students who are seeking a career in journalism. The Observer seeks to provide complete, accurate, understandable information to the campus and community; to provide a public forum for the free debate of issues and problems; to be the mouthpiece for the community, at large; and to be the best source for information, education and entertainment news. As an editing program, the Observer is the practical application of the theories and principles of journalism. It teaches students to analyze and interpret information that is vital to the decision making of the community at large. It provides a forum for student expression, in which student editors make policy and content decisions. The mission of the Observer is twofold: to serve Central Washington University as a newspaper and to provide

This could become eight states depending on what Maine decides as the vote is too close to call. As of 11 p.m. on Tuesday, the newsroom was split. The election was playing out on multiple computer screens across the room as we watched the results play out before us.

A few of the editors and reporters even hunkered down in the SURC Pit to watch the night unfold with the 150 or so students that joined in for the Election Night Bash.

Within the newsroom we have a fairly decent divide of conservatives, liberals and middle-of-the-roaders who work on the paper. The majority of us tend to fall in the middle, making this election even more difficult to watch since most of us weren’t thrilled with either candidate. A sentiment that I think we can safely say is mutual throughout the country.

We even had one reporter going as far as sitting in the corner of the newsroom reading the Facebook feed and describing in depth what the trenches of social media had to say. Let’s just say it wasn’t exactly the most inspiring commentary that the newsroom has ever been subjected to…

But at 11 p.m., when we knew that Donald Trump would be our next president, we sent off our final updates on the election, I couldn’t help but think that our country would be fine. At least okay regardless of who was elected.

And sure enough when I woke up the morning after the election, I wasn’t surprised that we were still the same country that we were on Tuesday before any results came in.

Granted, there are protests occurring across the nation as we speak. Individuals are expressing their frustrations and confusion over how someone with little to no political experience could be chosen as the next leader of the free world.

I’d like to note that many of the protesters that I have seen on the news have been from laboratories, the so-called “Black Donald Trump.” While the fact that they are being so vocal and exercising their individual rights is praiseworthy, I don’t see much progress to come from shouting profanity in the streets following the decision.

As college students we tend to be caught between being stuck in between the education system and what everyone likes to refer to as “the real world.” We often overlook the fact that college students have access to media and are consuming everything that we put out there for the world to see, including our protests (peaceful or not).

To many of these children, we are older siblings or relatives. Maybe we’ve just the next generation that they will aspire to be like. Either way this is our chance to show them how educated, respectable individuals act to advertise.

They will either see us carry on and persevere for the betterment of our country, or they will watch us crumble under this severe divide that we can continue to harbor.

That choice falls to us, and we need to be aware of it as we post on social media and respond to communities.

In all honesty, it was the statewide elections that blew me away. An initiative to gradually increase minimum-wage over the next several years also passed in Washington.

The impact of this vote sounds great in theory. But did voters truly think of the impact of this before voting? As the child of a small business owner, I have to say I’m disappointed in this decision I’ve grown up in a community that thrives on the support of small and medium size business. This initiative could harm that environment.

For a corporation, this change will probably be only a minor bump, but for a small company this could be detrimental.

Maybe I’m simply looking at the negative aspects of this, but I believe that the importance of local issues is constantly overlooked in the grand scheme of the election. Local issues matter and we need to take note of their impact as well.

This is a time where we need to turn to each other for support and guidance on issues that will affect us all, not turn our backs on our neighbors just because their ballot looks different.

You will choose whether this nation stands tall or fails. Continue to stay positive and don’t turn to hatred or anger as your answer. No matter what you fall on the political spectrum, just remember that we are all Americans and above all, we are all humans.

Good luck, Wildcats.

-McKenzie Lake, EIC

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Student veterans will speak at panel

This Friday is Veteran’s Day and CWU is celebrating early with a veterans panel in the Student Union Recreation Center (SURC) Pit at 4 p.m. this Thursday, where four veterans have volunteered to sit in on the panel and answer student’s questions about military service and what comes afterward.

“We have a few questions that have been established from previous panels that we’ll be addressing,” said Steven Foy, a senior and student veteran pursuing a psychology major and human resources minor who came up with the idea and set up for this year’s veterans panel.

While a few questions from previous panel will be touched upon, this panel will focus on talking about questions posed from the audience.

“I wanted to reinvent the ways Central and it’s students celebrate veterans day,” Foy said. “It’s kind of a joke in the veteran community and it feels like more of an obligation for civilians. Changes I’d like to see [are] more involvement between students and veterans so that it’ll be easier for them to share their stories and not be ashamed of it.”

CWU senior Joel Ortega, a psychology major with a minor in business management helped with the setup for this year’s veterans panel with a similar goal of Foy’s in mind.

“We’re basically trying to build that bridge between veterans and civilians and breaking down stigma,” Ortega said. “We want to recognize veterans and let them know that they’re not alone.”

Veterans returning from active duty often report problems acclimating to civilian life, the panel is just one of the ways for veterans and student veterans alike to share their stories with civilians who may not understand what it’s like coming back from a life in the military.

“They feel neglected, like they’re at the bottom of the food chain when they come back with so many hoops and hurdles to go through with the veteran’s administration,” Ortega said.

Foy speaks from personal experience when he talks about veterans and how they feel after returning, and his viewpoints are shared with many of the student veterans who will be participating in the panel.

“Veteran’s feel like they’re in the shadows when they get back, losing their sense of purpose and sense of community,” Foy said. “As a whole they go through a lot of phases from military service and acclimating back to civilian life can be very hard.”

When it comes to recovery veterans commonly turn to each other for support, and while veteran services offer assistance many veterans have experienced difficulty while working through government regulations.

“The veteran population around the country is [about] 3 percent, while 47 percent served in current wars and 37 percent of the country is actively serving,” Foy said. “The veteran community is not big enough to make a change in the government but they are big enough to help each other out. We want civilians to understand the problems in how the military deals with soldiers leaving the military.”

Foy hopes that the panel will help educate the public about the issues veterans face, and the difficulties they have with government policies and as a goal he wants the student community’s help in making government change.

“I’d take the whole civilian population to make a government change, as a veteran myself I appreciate those that are standing up for us,” Foy said.
FACES OF THE ELECTION
‘Grab a Kleenex...because everything will be okay’

By Ray Payne

Take a deep breath. Grab a Kleenex a dry your tears because...cause everything will be okay.

This election has made it so hard for people to believe that millions of honest Americans with no malice in their heart looked at their ballot, considered the choices, had background knowledge and weren’t “just felt conspiracy theories and lies from Fox News.”

That is so insulting to the intelligent people who voted for Trump, and I don’t understand why some have set out to be as hurtful as possible in the wake of this election.

Now it hurts me to see how this election has affected people close to me, on both sides. I have had to sit here and watch my father refer to all Trump supporters as “dumbasses,” and say that whatever happens after this election is our fault.

Now he’s not alone, the amount of articles and social media posts I’ve seen have honestly disgusted me. I’m sorry you feel afraid, but I honestly believe you shouldn’t. LGBTQ+ rights are not under fire by Trump right now. The process it would take for those to be truly affected, is long and drawn out and will be fought with heavy opposition, including from me.

Women’s rights are not being threatened currently. If you’re talking about the right to choose and abortion, that’s a whole other argument, and there are people who genuinely don’t see abortion as a women’s rights issue, but a life or death issue.

Yes, I am a male, but I don’t think women should fear that now men are going to rape or sexually assault them more. If it’s not acceptable, it never was acceptable, the people who vote for Donald Trump didn’t see it as a problem.

I may have voted for the man, but I have a fantastical mother, two amazing sisters and a truly amazing girl friend and I will always stand up to protect them and ensure their safety. Hispanic, Trump’s rhetoric can be toxic to those who feel they promise you that you are safe. Same to you Muslim Americans. You both have rights, you both have human rights, I see the humanity in you all and so does the majority of Americans regardless of what the media or internet says.

If you read this and thought he’s completely out of his mind, I don’t agree with this at all,” that’s fine, you read it and gave me a chance and that’s all I could ask of you. If you came to me with an open mind, thank you.

I hope we all can listen to Hillary Clinton and accept that Donald Trump is going to be our president and “We owe him as much courtesy as the chance to lead.” If this turns out to be an unsuccessful presidency, we will get through it, this won’t be the end of the world. I promise that.

I know you will find it hard, stay positive, please. The sun will continue to rise and shine brightly upon our country.

The sun will continue to rise and shine brightly upon our country.

By Ryan Kinker

The worst, most frightening, Black and Latino communities that I have met and befriended in my life, and I cannot begin to pretend to be able to comprehend how they feel about this election.

Because regardless of how legislation goes for Trump since the Republicans control both the House and the Senate my guess is things will go well for him; his effect on our culture is like it is, and he’s trying to do things to our core of this country is significantly more frightening.

A message was clearly sent in this election season that people are tired of how things are being done in the political system. When it came to Bernie Sanders and Gary Johnson, I saw that these values, these weapons in our hands against the establishments in this country are horrible, and I will never look at the word “pussy” the same way again.

He has pulled out the resentment and hate inside of millions of white Americans that believe the system is unfair to them, and it’s troubling to say the absolute least. But it’s not the only reason that Trump was able to win. Hillary Clinton isn’t a candidate that inspired people within her own party to vote. Outside of whatever you believe about theBernie Sanders primary campaign, or what happened in Benghazi, Clinton is a career politician who has wanted to be president since before I was born. She has tried and Samy, hard, and I think we are way behind the times in the fact that we have yet to have a woman president.

Her failing to become president says a lot about the divide between her and her party just as much as Trump’s divide from Republicans. Trump tapped into the core of Republicans voters in rural areas, most of which are religious, xenophobic and uneducated (not speaking from hate, only from statistics).

They see Trump “telling it like it is,” and he feels that he strikes something within them that other Republicans simply have not been able to. Clinton, while picking up a huge portion of votes from women and minority groups, lost a large portion of Bernie Sanders supporters after the controversy surrounding the e-mails, or what happened in Benghazi. Clinton is a career politician who has wanted to be president since before I was born. She has tried and Samy, hard, and I think we are way behind the times in the fact that we have yet to have a woman president.

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They see Trump “telling it like it is,” and he feels that he strikes something within them that other Republicans simply have not been able to.
This act declares that the people of Washington State support amending the U.S. Constitution to eliminate the influence on elections that money from corporations may have. This amendment also would overturn Supreme Court rulings such as Citizens United v. FEC which extended constitutional rights to corporations. This measure passed with 1,207,256 ‘Yes’ votes to 685,488 ‘No’ votes.

This measure is intended to raise the state minimum wage to approximately $13.50 by the year 2020. It will also make it so employers are now required to provide paid sick leave to their employees. This measure passed with 1,175,481 ‘Yes’ votes to 800,889 ‘No’ votes.
2016

PRESIDENT OF THE UNITED STATES

Donald Trump ✓
279 electoral votes

Hillary Clinton
228 electoral votes

SENATOR

Patty Murray ✓
61%

Chris Vance
39%

GOVERNOR

Jay Inslee ✓
56%

Bill Bryant
44%

*Final results as of Wednesday, Nov. 9 at 12:28 p.m.*
Harvest Fest run burns off pre-turkey feast calories

By Lindsey Powers

This week, CWU student media will be hosting the Harvest 5K. The purpose of the event is to raise money for Pulse magazine and Observer media. Students will need to attend additional trainings and conferences.

Tara Long, CWU’s Student Media Director, said, “We wanted to offer something a bit different, and with that choice to have an event geared more towards faculty and staff and their families.”

Student media has yearly fundraisers, but the Harvest 5K is the newest addition to their event schedule. It is the hope of all involved that the event is a family-friendly, fun environment, in which media staff and students come together and enjoy a little healthy competition.

Student media has always shown creativity and originality not only in its written works but also in its fundraising and team building, and this event is no exception.

Nick Moskaluk, a sophomore majoring in English, has shown interest in the Harvest 3K, and said, “I think it’s a good idea. It considers participating in races he feels, “that this isn’t just an event that the parents are doing.”

This seems to actually be very well put together, and is something I would strongly consider running in.

Along with both the 5K run and the 1K run, the event will also have venders and fun for all those who attend. There will be cupcakes and other baked goods provided by Cle Elum’s 509 Bake House, two bouncy houses for the younger runners and a giant swing for ages 10+.

A professional photographer will be there to capture the event—those photos will be eligible for free downloading after the event.

There are prizes for the winners as well: the male and female winners of the 5K will win a free Thanksgiving turkey. Wellington the Wildcat will also be there to hand out medals to all runners along with congratulatory high-fives and hugs.

Sign-ups can be done are still open and tickets are being sold at $20 for the 5K and $12 for the 1K until Nov. 11. Registration can also be done the day of the race and prices are $25 for the 5K and $15 for the 1K. Go to the CWU Observer Facebook page for the link to the race’s website to purchase tickets and more information.

The race officially starts at 9 a.m. on Saturday and bib pick-up and registration starts at 8:30 a.m. All racers will meet at the CWU Challenge Course.

Dear Dr. H,

How does Plan B affect your body?

Dear Student,

Plan B, or emergency contraception, is hormonal birth control that can prevent pregnancy after unprotected sex or contraception failure. Although it has been referred to as the “Morning After Pill,” Plan B can be used up to five days after unprotected sex but it is most effective when taken within the first 72 hours. Plan B is a safe and effective way to reduce the chance of pregnancy when other contraception was not used, or incorrectly used, prior to sex.

Because accidents can, and do, happen, many people have relied on emergency contraception to reduce the chances of pregnancy and for the most part have not had any side effects. However, according to the Food and Drug Administration, some people who have taken Plan B report having an upset stomach, feeling lightheaded or dizzy and breast tenderness.

Also, Plan B can slightly affect your next period—lighter or heavier, sooner or later. If an upset stomach causes vomiting Plan B may not be effective and thus, you should speak with your provider for another dosage.

In previous years, emergency contraception has been shown to have a positive effect on the female body. Is the option of an egg in the event one has been released.

Plan B is just one of several types of emergency contraception on the market. These are available, without prescription, at Planned Parenthood in Ellensburg and at our campus Student Medical and Counseling Center.

Dear Dr. H,

If it’s your first time, should a dialogue happen? Or should you just ask your partner for her/his fertility and hope for the best?

Dear Student,

If it’s your first time playing the Washington State Lottery, yes, cross your fingers and hope for the best. If it’s your other first time you can cross your fingers and hope for the best but only after a dialogue has occurred.

Somewhere along the way, talking about sex got a bad reputation and thanks to the movies we have this idea that “spontaneous” sex is the best sex—when it just happens. But, we’d be in a lot of trouble if we believed everything we saw in the movies.

If you’ve never had sex before or that we know what sex with your current partner, a discussion is absolutely mandatory. In fact, it’s the law— at the very least there needs to be a dialogue about consent. Do you have explicit confirmation from your partner’s want to engage in the sexual activity that you’re about to engage in? Yes! Awesome.

Next, why cross your fingers and hope for the best when you can ask your partner what they like and enjoy and plan for the best? I’ve heard students say that talking about sex “ruins the mood.” My response is that if talking about the sex you’re about to have ruins the mood, there was no “mood” to begin with.

Now, I’m not suggesting that you give a detailed play by play, pre-cissing your every next move but a check-in to see if your partner is enjoying what’s going on while being able to tell your partner you care about their experience as well.

I get that talking about sex can be awkward, especially if you have little to no experience with it. I love what Paul Joonides, author of the “Guide to Getting it On,” has to say: “Imagine going to a restaurant where the chef served you whatever he or she felt like fixing instead of giving you a choice. Imagine a gardener who never asked, ‘What do you like?’ before picking your bushes trimmed.’”

Yet, when it comes to sex, many of us assume that our partner wants, or we clam up instead of giving feedback.”

So, what’s there to talk about?

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

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

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Left: The 5K course starts at the Challenge Course and wraps around campus.
Right: The 1K course starts at the Challenge Course and follows a trail through nearby Mcelroy Park.

Left: The 1K course starts at the Challenge Course and follows a trail through nearby Mcelroy Park.

Harvest Fest run burns off pre-turkey feast calories

By Will Schorno

Join the Center for Diversi-
ty and Social Justice (CDSJ) as they celebrate the 9th annual Parade of Nations on Nov. 17 in the SURC Ballroom. The Para-
des of Nations is a personified celebration of diversity across the globe.

This free event is a running reminder of how CWU’s diverse student body uses cultural differences to better understand and come together as people. All cultures are welcome and students are invited to participate by showing pride in their heritage.

The celebratory display consists of culture-specific dances blended with musical performances from societies around the world. A multi-cultural fashion show will also take center stage to illustrate trends and styles originating from all over the globe.

Sunflowers, a local Ellensburg all-female dance group, will perform in Ban, folk and Bollywood dances from India at Parade of Nations. In addition to the fashion and music showcased at the parade of nations, the Sunflowers hope to live up an already colorful event with beautifully choreographed Bollywood dances.

The list of nations currently on the roster to be represented in the parade include: Mexico and the Philippines, among others; and is still open for addition. According to representatives from CDSJ, all cultures and ethnic background are open for representation. CDSJ representatives also said to let them know if an additional cultural background could be showcased in the parade.

The cultures that can be represent do not have to be a participant’s family back-
ground; they can also be one that the participant simply has an affinity for. One of the goals of Parade of Nations is to make sure that all countries and cultures are represented, especially the ones that usually go unrep-
resented in the world at large.

Right now CDSJ is looking for people who want to participate in the Parade of Nations and is still accepting sign-ups. The sign-up sheets can be found in the CDSJ office in SURC 250-253.

Ask Dr. H

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Because accidents can, and do, happen, many people have relied on emergency contraception to reduce the chances of pregnancy and for the most part have not had any side effects. However, according to the Food and Drug Administration, some people who have taken Plan B report having an upset stomach, feeling lightheaded or dizzy and breast tenderness.

Also, Plan B can slightly affect your next period—lighter or heavier, sooner or later. If an upset stomach causes vomiting Plan B may not be effective and thus, you should speak with your provider for another dosage.

In previous years, emergency contraception has been shown to have a positive effect on the female body. Is the option of an egg in the event one has been released.

Plan B is just one of several types of emergency contraception on the market. These are available, without prescription, at Planned Parenthood in Ellensburg and at our campus Student Medical and Counseling Center.

Dear Dr. H,

If it’s your first time, should a dialogue happen? Or should you just ask your partner for her/his fertility and hope for the best?

Dear Student,

If it’s your first time playing the Washington State Lottery, yes, cross your fingers and hope for the best. If it’s your other first time you can cross your fingers and hope for the best but only after a dialogue has occurred.

Somewhere along the way, talking about sex got a bad reputation and thanks to the movies we have this idea that “spontaneous” sex is the best sex—when it just happens. But, we’d be in a lot of trouble if we believed everything we saw in the movies.

If you’ve never had sex before or that we know what sex with your current partner, a discussion is absolutely mandatory. In fact, it’s the law— at the very least there needs to be a dialogue about consent. Do you have explicit confirmation from your partner’s want to engage in the sexual activity that you’re about to engage in? Yes! Awesome.

Next, why cross your fingers and hope for the best when you can ask your partner what they like and enjoy and plan for the best? I’ve heard students say that talking about sex “ruins the mood.” My response is that if talking about the sex you’re about to have ruins the mood, there was no “mood” to begin with.

Now, I’m not suggesting that you give a detailed play by play, pre-cissing your every next move but a check-in to see if your partner is enjoying what’s going on while being able to tell your partner you care about their experience as well.

I get that talking about sex can be awkward, especially if you have little to no experience with it. I love what Paul Joonides, author of the “Guide to Getting it On,” has to say: “Imagine going to a restaurant where the chef served you whatever he or she felt like fixing instead of giving you a choice. Imagine a gardener who never asked, ‘What do you like?’ before picking your bushes trimmed.’”

Yet, when it comes to sex, many of us assume that our partner wants, or we clam up instead of giving feedback.”

So, what’s there to talk about?

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

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

This column sponsored by:
The brain is a mysterious and often difficult organ to understand, especially when it comes to feelings and other psychological processes. Luckily, the Psychology Club is here to help students learn more about what is going on inside their heads.

“It’s about learning more about psychology,” Kendra Key, a senior psychology major and club secretary said. “We can give [students] insight on what psychology is, what the club is about and what the psychology profession has to offer them.”

The organization has been a staple at CWU for over 20 years. Associate Professor of Psychology Wendy Williams, Ph.D., is the club advisor and she has been with the club since the beginning. Kennedy Emard, a senior in psychology, is the current president.

“I think I personally bring a sense of wanting to include others,” Emard said. “I have a ton of empathy for people and was born with this empathic personality that I’m able to bring to the club and make sure everyone feels their words are being heard. That’s where I think leadership comes from. Being able to put yourself in the shoes of others and knowing what they’re going through and knowing from their side how you can help them.”

The club meetings consist of psychological topics and talks from professors and professionals in the field.

So far this quarter, two professors and one psychology professional have spoken to the club. Dr. Fred Washburn, an assistant professor of psychology at CWU, was the favorite among all sources.

“He teaches Clinical Community and Counseling Psychology,” Emard said. “That was one of my favorite classes, so I got him to come in.”

Dr. Washburn spent that meeting talking about the “Do’s and Don’ts of Grad School.”

“Don’t show up for the interview drunk,” Key joked. “Get your application in on time, but also important steps in the process, like our interview skills, what to put on your application and what to put on a personal statement that actually exemplifies who you are.”

Some meetings hit close to home. Sleep paralysis was one of those topics, as a few of the club members and Pastor Flores, a sophomore business and psychology major and club development officer, suffer from the condition.

“When it happens to me, my eyes are open and I can see the room, but I can’t move my body,” Flores said. “No matter how hard I try, I can’t move, and usually I see a shadow out my window. Some people see demons or creepy things come into their room. I’ve learned to manage it where I’m just like, ‘it’s sleep paralysis, I’m okay and I’ll lay here until it goes away.’”

Every year the club raises money to go to the Washington Psychology Association (WTA) convention in April.

“We could potentially meet with grad schools there,” Jadvir Gill, a sophomore psychology major and treasurer of the club said. “Famous psychologists like Philip Zimbardo and other researchers and professors presenting their own research, trying to get their name out there.”

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By Jacob Quinn
jocu@jacobyn.com

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Come explore gray matter

Meetings

When: Wednesdays 5 p.m.
Where: Psychology Building room 471

Psychology Club’s quote wall of inspirational quotes in the Psychology Building goes up during one of their first meetings.

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Scene
EDITOR: Sarah Hoot |scene@cwuobserver.com

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Return of Rodgers

By Rachel Greve

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Basketball prepares for road trip

By Natalie Hyland

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The CWU Women’s Basketball team faces off against two strong California Collegiate Athletic Association teams, the Stanislaus State Warriors and the Cal State Monterey Bay Otters in Portland, Oregon Nov. 11 and 12.

“They play fast and speed up the game. [It’s] different than how we play, but we will match up,” head coach Jeff Harada said.

While Harada is in his third season with CWU, he brings over fifteen years of experience to the court.

In preparation for the event, the Wildcats watch game film to better assess the returning players from their rival teams and gauge what to expect from their competition.

The majority of the Wildcats’ roster this season consists of underclassmen, with guard Kourtney Granite as the only rostered senior. However, that doesn’t change anything in Harada’s mind as far as what he expects of his team.

“It’s easy to use youth as an excuse,” Harada said. “[But] it doesn’t matter what age you are. We expect [our players] to be ready to play.”

Harada and his team spent the first few games figuring out which players fit best in which roles. A tough loss followed by a win, has given the team a good idea of what works and what doesn’t.

The Wildcats opened their season with a non-league loss against the University of Washington 97-66 Oct. 29 and a 75-44 win against the Pacific Lutheran Lynx on Nov. 4.

Harada strongly believes the difference between these two games is simply that the shots that didn’t and wouldn’t drop during the UW game were able to drop during the PLU game.

Even with the win, not everything was smooth sailing.

“We made some mistakes we can’t make again,” Harada said.

This year, the goals for his junior season are to go undefeated as a team and to earn a conference championship.

“I want to beat Western this year,” Rodgers said.

He missed out on the win at Western Washington University last winter.

Rodgers returns to the floor this season hoping to stay healthy this season.

“[Rodgers] is a leader on and off the court,” Head Associate Coach Drew Harris said.

Rodgers spends anywhere from seven to 10 hours a week studying basketball and learning from his teammates.

“I watch film of anyone from my high school to other collegiate point guards and point guards in the NBA,” Rodgers said. “I watch film to learn from my past mistakes and learn from my friends in the NBA.”

One of only two players who have been on the team the longest, it is evident that Rodgers is a leader on and off the court with his teammates.

“I expect him to really set a good example for the rest of his teammates and for him to play a big part and role in our success,” Harris said.

As one of the oldest players on the team, Rodgers is hoping to inspire his younger teammates like those he once had where he was a freshman on the team. Rodgers is going into the season with a new motto “expect the worst and embrace the best” and hopes to inspire his teammates to do the same.

“He’s a vocal leader on the floor,” teammate Jerome Bryant said.

As the two oldest on the team Rodgers and teammate Terry Dawn have a lot of teaching to do.

“I’m excited. We have a really young team this year, and they are good,” Rodgers said.

Junior forward Jerome Bryant has been playing with Rodgers since high school, and their shared history has created a bond many can only dream of. “He always looks to pass the ball to me when we are on the court; we have really good chemistry,” Bryant said.

After playing together for four seasons, the duo hopes to reconnect now that Rodgers is back on the court.

“He’s an unselfish player,” Bryant said.

A very selfless player, Rodgers’ goals for his junior season are to go undefeated as a team and to earn a conference championship.

“I want to beat Western this year,” Rodgers said.

He missed out on the win at Western Washington University last winter.

Rodgers returns to the floor this season hoping to stay healthy this season.

“I realized how quick I could have lost basketball and how it could have been gone forever,” Rodgers said.

Aware that he has fewer games ahead of him than he once had when he was a freshman on the team, Rodgers is ready to give this season his all.

Rodgers and the team are gearing up to head down to Seattle, CA to take on California State University San Bernardino and California State Monterey Bay University before returning home to take on Washington State University Tuesday Nov. 15 in Kennewick.

Marc Rodgers averaged 4.2 points and 2.9 assists per game in the 2014-15 season.
**Seniors** from page 1

“I think in this league when you’re playing everybody twice, it’s always a challenge regardless of how successful or unsuccessful you were the first time around,” Shoemaker said. “The teams change, they evolve, injuries happen, guys get healthy. [HSU] is a unique challenge, it’s its own ga me.”

A 41-0 victory over Simon Fraser University, where the team and its players broke several school and conference records. Quarterback Justin Lane broke the school records for passing efficiency in a game (297.9) and yards per attempt in a game (16.1), while wide receiver Jesse Zalk broke five school records, including receiving yards in a game (307), receiving touchdowns (5) and career all-purpose yards (5,076). Zalk’s receiving yards and touchdowns are both GNAC records as well.

Coach Shoemaker knows the play of seniors like Zalk, Sanchez and Lane, players who came to the school long before Shoemaker was hired in 2014, have been integral to the success of the team this year. “There were growing pains when I first got here, any transition is going to have that,” Shoemaker said. “You look at though, is that these are the guys that we’ve bought in the most and have lived up to the expectations and are my guys now. They were inheri ted, but they’ve learned how to do things the way we want them to, they’ve learned how to accept a challenge. These are my guys and I’m excited to see them go out for their last game at Tomlinson Stadium in front of the home crowd.”

The Lumberjacks, who won the GNAC last year, have won three straight after losing to CWU and Azusa Pacific (9-1 overall, 8-0 GNAC) in back-to-back weeks. They are led by junior running back Ja’Quan Gardner, who has more rushing yards (1246) than the next three GNAC leading rushers combined (1246), along with 18 rushing touchdowns.

Uso Olive, who transferred from Division I school University of Wyoming in 2015, says that after CWU and Humboldt State’s previous game this year, he swapped numbers with Gardner to keep in touch throughout the season. “I talked to Gardner last night,” Olive said. “Me and him shared some back and forth smack talking in the first game, and after the game I shook his hand and got his phone number. Last night I told him that I’ll see him this weekend and he said, ‘Give me some wiggle room’ with the laughing emoji, so it feels good to know he respects our defense.”

Josh Stolz, senior center, thinks the opportunity to beat Humboldt State a second time would be a good way for the seniors to end their collegiate careers, as the team’s victory earlier in the season was their first since 2013 against Humboldt State. “We feel pretty confident, but we know how good of a team they are,” Stolz said. “They’re a tough group, they play hard. Their defensive group is good; their offense is really good with their running back. We just have to stay focused this week and really execute what we’ve been doing these last couple games.”

Blake Williams-Miller, senior linebacker, says that while winning in front of the home crowd is the goal, making a statement is more important. “It’s better than being at an away game,” Williams-Miller said. “It’s going to be pretty emotional, but it should be fun to ride another game out with my brothers.”

Dealing with the emotion of this game is different for every player, as senior quarterback Justin Lane feels he has not dealt with the fact that this is the last game of his football playing career. “It’s a little weird feeling,” Lane said. “It’s something you only get once, having it be your last game, I don’t know, it hasn’t really hit me yet. Preparing is gonna take my mind off it, but I’m sure once the game hits, fourth quarter, it’ll probably be then. But I want to put us in the best possible position to have a chance [to win].”

The game will start at noon on Saturday, with a special ceremony before kick-off for the seniors.
When you aren’t heavily recruited, that feeling on your shoulder is more like a chip, pushing you to prove that you are just as good—or better.

For running back Jordan Tufaga, a preferred walk-on for CWU during his freshman year, this feeling is all too familiar. Tufaga’s football journey began in the 2nd grade and he hasn’t missed a season since.

“Unsure, but inspired by his father and brother who both played the game, Tufaga decided he’d give football a shot and it wasn’t long before his natural talent emerged.

“My second year playing there was an onside-kick that I picked up and scored,” Tufaga said. “that’s when my coach asked if I wanted to play running back and I said yes.”

Eventually, Tufaga’s father, a person he attributes much of his success to, encouraged him to play the position. “My dad said ‘just try it,’ so I did.”

Little did they know, that decision to play running back would ultimately give way to the opportunity to play college football.

“Not very many scouts visit Alaska to recruit football players, but a football camp held by Tufaga’s high school coach also happened to be a camp that Ian Shoemaker, CWU football’s head Coach, has participated in for the last three summers.

“While I was up there I got a chance to meet Jordan and his father,” Shoemaker said. “Jordan was coming out at that time and it was a great opportunity for us to add a guy I thought was pretty athletic and did some good things.”

Although there was interest in Jordan’s abilities, his battle was far from over. Jordan would be offered an opportunity as a preferred walk-on and would have to earn his spot and scholarship.

“You can kind of tell who’s on scholarship and the guys who aren’t,” Tufaga said. “At first you feel like just a guy on the practice squad. I kind of felt out of place, but I knew I was good enough to be on the team.”

Along with fighting to see the field, Tufaga is also balancing school and—like many Polynesian athletes—getting used to life away from his main support system: his family.

“It’s hard not being able to actually see my family,” Tufaga said. “But I know this is what my dad would want me to do and my family is proud of me for doing this. It’s about representing the family.

And that’s exactly what Tufaga did.

“After his first year as a walk-on, the coaching staff at CWU decided during the offseason that he had earned himself a partial scholarship.

“He was named one of the top offensive scouts,” Shoemaker said. “It goes into academics, weight lifting and all the things that we ask our guys to do and he showed us that he’s able to do that.”

As the accolades and stats continue to pile up for Tufaga, he acknowledges the journey and wants other Polynesian athletes to know that nothing comes easy.

“You need perseverance. Nothing comes easy,” Tufaga said. “You can be athletically gifted like many Polynesian kids are, but there’s books, community involvement and many other things. Many of you will have to leave your families, so just be prepared to push through it.”

Jordan Tufaga is a redshirt freshman running back from Anchorage, Alaska. Tufaga has rushed for 208 yards in 35 attempts scoring one touchdown, while recording 100 receiving yards and one receiving touchdown.

Photos by Arber Demiri/The Observer