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- See full story on page 5

By Andrew Kollar

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The product by BrainScope is called the “Ahead 300” and the cost, according to De Villeneuve, is expected to be around $7,500 per device. CWU is expected to purchase 10 devices, having multiple devices will allow for BrainScope to be available during all organized sporting events and intramurals.

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In states where recreational weed is legal, marijuana based tourism, dubbed “Canna-tourism,” pulls in out-of-town travelers.
Pot tourism has room to grow

By Jon Olsen-Koziol

Marijuana Valentine’s Day gifts are a big part of the industry. Out-of-state tourists can purchase these treats legally in Washington and other states.

Pot tourism is thriving in Kittitas County, is opening to tourists, but the laws in Washington aren’t as relaxed and it’s just always been there and will continue to be there. We find no reason to worry about it disappearing.

Just because the tourism scene isn’t being pushed, it still has potential in eastern Washington. Kush Tours has already contacted McGuffin about adding Kittitas County to its tour route because of the recreation-friendly Bed and Breakfasts.

Sarah Truglio is the director of tourism in Kittitas County and operates Catalyst Co-Working, a business incubator doesn’t have the federal level. However, in 2013 the world that so many of us believed to be fictional became all too real when Edward Snowden stepped into the limelight and the shroud of government secrecy on monitoring our activities was removed.

The actions of the government were just one form of infringement on our rights as Americans, but every day rights that we take for granted are being challenged.

Some of our most crucial rights fall under the First Amendment, but while it is arguable the foundation for all of our other rights, it is also the amendment that most people take for granted.

The First Amendment is viewed as something that has just always been there and will continue to be there. We find no reason to worry about it disappearing.

But as a student journalist, I can tell you that this mindset is fallible and dangerous to fall into.

Universities across the state (private universities in particular) can often be subject to censorship from administration. They can also face defunding from their university or can have production removed entirely from their campus if they run stories that shed a bad light on their institute.

Senate Bill 5064, also known as the Student Press Rights Bill, is just one approach that is being taken to further advance the protection of our First Amendment rights.

According to the Student Press Law Center, only ten states within America have similar legislative measures in place that protect both high school and college journalists from censorship.

But is this enough to fully protect our rights? While it is a step in the right direction, it is our civic duty to not only exercise freedom but to also protect them.

Keep that in mind as you carry out your week and thrive under the rights that we are lucky enough to have, because one day, it we’re not careful, they could be gone.

-Mckenzie Lakey, EIC
Some people think of snow and are reminded of beautiful landscapes, delicious hot chocolate and, of course, fun winter activities. However, CWU students, staff and faculty are reminded of brutally cold mornings, blizzards and sheets of clear thick ice that could topple a football player.

CWU groundskeepers work for hours clearing away the feet of snow that falls on-campus throughout the winter. They dump the snow in “raw” areas which are often desolate parking lots.

Some students use the leftover snow to remain active even in the harsh weather conditions. Some students and RA’s have used the snow to their advantage. Meisner Hall hosted a snowman building contest during the first week of snowfall. Kerry Neubauer, one of the groundskeepers, has plowed snow at CWU for 20 years. She said she loves her job and moving around snow. “My dream one day is to own a one-horse sleigh,” Kerry Neubauer said.

It takes, on average, four to six hours to plow the snow in her designated area which includes the Science Building driveway all the way to Bouillon Hall. Fortunately there are other employees for different areas around campus.

Brandon Park, a student grounds worker and construction management major, plows snow from Student Village to the Psychology Building. He drops off the shoveled snow in large piles near Wendell Hill Hall and the ROTC building. From there, the snow is loaded onto large trucks and is dumped in the raw areas and left to melt.

However, not all CWU students enjoy the snow. “I hate the snow. It is cold and annoying,” said Mallory Keck, a CWU sophomore.

Students who walk around the campus and between classes, appear to share this same opinion. “The snow is so cold,” said Marue Yumoto, an AUAP student from Japan, said. Yumoto said that she does enjoy skiing on occasion, despite the cold.

At the end of the day, the citizens of Ellensburg nor the students of CWU can control the weather. “I grabbed my cat, then saw smoke coming out of the heater and we got out,” she said.

Jay Reddick, husband of Becky Reddick, said the most important thing was that “everybody got out safe.”

The fire displaced four students who will find temporary housing in Munson Hall, Young Lee said. Lee, a CWU senior majoring in public relations, has an apartment near the fire. “I grabbed my cat, then saw smoke coming out of the heater and we got out,” she said.
On Feb. 11 between 10 a.m. and 1 p.m. in the SURC pit, students can volunteer to shovel snow from the sidewalks and driveways of local residents who need help.

The Center for Leadership and Community Engagement (CLCE) partnered with the Ellensburg Adult Activity Center to help Elderly and disabled residents who cannot shovel their own driveways and sidewalks.

Several inches of snow have fallen in the past week. The Adult Activities Center will also host Forget Me Not Bingo on Feb. 24. This will be the fourth annual bingo night with the activities center.

The event will give students a chance to interact with older adults according to Jillian. Students will visit the activities center to play bingo and raise money for Heart Health Month.

February is Heart Health Month and the proceeds from Forget Me Not Bingo will go towards heart disease prevention. There will also be a speaker to talk with participants and educate them on heart disease.

Transportation and lunch are provided to volunteers and anyone can sign up in the CLCE office at SURC 256. CLCE urges volunteers to dress appropriately in warmer clothing.

“Right now I have volunteers, but I don’t have anywhere to go. We are kind of waiting to see what the weather will do between now and next Wednesday,” said Kim Jellison, a CWU program manager.

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There will be transportation provided for interested students. Cars will leave from the SURC pit at 10:30 a.m.

“Staff members get donations from various organizations here in Ellensburg, then they raffle the prizes off for whoever wins the bingo game. Students may play bingo but are not eligible to win any prizes,” Jellison said.

This year, there will be gift certificates from Perkins, The Porch and McDonald’s.

“The older adults really enjoy it. Students get to interact with the adults and it’s a really nice event,” Jellison said.
Earlier in the afternoon Drummond was presented with a shadow box that featured Traditions Keeper lapel pins and a medallion, each highlighting a different career milestone.

Drummond also received a key to Beck Hall, the residence hall he managed while attending CWU in the late 70s, making him "forever an honorary member of housing."

As the party carried on upstairs, a handful of boxes filled with over 25 years of paperwork and memorabilia sat stacked around his desk, some strapped shut with blue tape and others lying half open.

Several autographed posters from entertainers who have passed through CWU-chung to the walls of the Campus Activities office, creating a timeline of memories around the room.

Bob Hope, Macklemore, Wayne Brady and several other campus entertainers have all left their mark on CWU and reflect just a fraction of Drummond’s experiences on campus.

But to Drummond, it’s not about the celebrities that he’s become associated with throughout his years on campus—it’s the personal connections he’s made along the way.

“It’s about the people,” he said. “It’s always about the people.”

Many of those connections and memories are shared with the student programmers Drummond has worked with throughout the years.

“I think that he brings a lot to CWU,” said Marissa Anthony, a student programmer who has worked with Drummond throughout this academic year. “I swear he knows everyone in Ellensburg and cares about them all so much … that is something that I really admire about him.”

Rooted in Entertainment

Although CWU has been part of Drummond’s life for the past few decades, he still vividly recalls the first time the university caught his eye.

Teenaged Drummond was driving back home to Oak Harbor from Montana during a warm summer day when he made a stop in Ellensburg.

“My first impression was like, ‘Wow, it’s like college in the movies,’” Drummond said. “Central was just the place I wanted to go.”

Drummond took a two-year gap after high school and he enlisted in the reserves before he took the leap to college.

But Drummond decided that he wanted to pursue a degree in education while playing college-level football and baseball, and soon made his way back to CWU.

It was during his time as a residence hall manager when the event programming really took charge in his life.

Drummond helped transform the Bassettis into CWU’s own dance club with just a makeshift stereo system, hand-picked security, a quarter cover charge and a wide array of LPs.

They had their own unofficial name of our dance company [called] ‘Dance Your Ass Off Productions,’” Drummond said. “We were considered the ‘Dance Kings of Central.’”

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Drummond and his friends hosted several shows that were strictly alcohol-free with over 300 attendees at any given time—all with “no damages [and] no problems.”

He also developed other events, such as movie marathons and intramural leagues, during his time as the residence hall manager for Beck Hall.

“I didn’t realize it;” he said. “But that was how I was getting my start in programming.”

Back to the Beginning

With the first show of his career being held in the old Student Union Building’s (SUB) Pit, Drummond said it was only fitting to host his final show in the SUB Pit.

But his first show in the SUB Pit didn’t quite go as Drummond may have hoped for.

According to Drummond, the Seattle-based mime took the stage during the lunch rush and managed to clear the Pit of every student within a 20-minute period.

“He was horrid,” Drummond said.

Only one student programmer remained by Drummond’s side throughout the disastrous show.

“I told Jay (the student programmer) that he could go,” Drummond said with a laugh, “but he said, ‘Scott, I feel so bad for you, I’m staying with you.’”

But Drummond’s final show in the SUB Pit, with over 100 CWU community members surrounding him, was quite different from his failed first show decades earlier.

Drummond booked The SeaFarrers, an indie duo out of California as the headliners for his farewell show.

Though California based, the band is local in every sense of the word.

Tyson Motzenbocker, both a guitarist and singer in the duo, is an annual performer on CWU’s campus and a close friend of Drummond’s daughter, Sarah Grant, is the other half of the duo.

Drummond gave a brief introduction before the act started and was moved to tears as he thanked his student programmers who have worked alongside him this year and in years past.

“It’s not goodbye,” he said. “It’s just see ya later.”

Soon The SeaFarrers took the stage and performed their set before adding a surprise medley of Bruce Springsteen’s “Dancin’ In the Dark” and “It Is Well With My Soul” to cap the show.

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A standing ovation led by Grant and Drummond’s wife, Cher-yl, closed out the evening.

“I just feel like so much of the culture around Central…and the inviting and hospitable environment here has been curated and cared for by Scott,” Motzenbocker said. “It won’t be the same without him.”

As for the laid back life of retirement, Drummond isn’t entirely sure of how to fill that free time just yet.

“There’s a plan out there, somewhere,” he said. “We just have to find it.”
Tom Dent, the 13th District State Representative, represents Kittitas County alongside CWU political science professor Matt Manweller.

Dent met with students and listened intently as some students voiced their concerns on the various issues they brought to Lobby Day.

“It really felt like we had an impact on him and he had an impact on us. It was really cool,” said Oliver Hawks, a freshman computer science major.

The Proposals
CWU students focused on three main proposals during Lobby Day.

The main proposal requests the “decoupling” of Services and Activities (S&A) fees from tuition, which will give CWU student committees the power to decide how to utilize these funds in various programs.

S&A fees have been “coupled” by state law for the past four years which gives the administration control of the funds.

The second Lobby Day proposal requests $49.9 million to construct a health sciences building. This would provide classrooms and labs and open up research opportunities for health science majors.

The third proposal requests funding for an Advanced Wildfire Education and Training program which will better equip future firefighters to prevent and suppress fires.

Arianna Rhodes, a senior psychology major, said she enjoyed visiting the state’s capitol for the first time and that her favorite part of the trip was talking to Dent about these proposals.

“He was super super cool and invited that huge group of us into the office,” Rhodes said, “I felt like he really invested in listening to what we had to say, even though he only had 15 minutes.”

The representatives were “overjoyed” by the amount of students, professionalism and knowledge, according to J.R. Siperly, the ASCWU vice president of Legislative Affairs.

Student Involvement
ASCWU Legislative Affairs planned and organized Lobby Day through tabling and campaigning.

The Lobby Day bus was filled with 47 students on the three-hour ride to Olympia.

Siperly represented ASCWU and was heavily involved in the event planning and execution.

Siperly said it is important to understand that it is not easy to speak with state representatives, but it is necessary to make change.

“It’s not just a select few students that make a difference, it’s everyone that makes a difference,” Siperly said.

According to Siperly, while public speaking and knowing the issues is a problem for the students, the state representatives were pleased with the CWU students who met with them.

25th District State Representative, Melanie Stambaugh said that she believes it is important for students to speak with representatives and “see a face, not just read something in print.”

“I think any way that we can make government personal, people will want to get engaged more,” Stambaugh said.

Students have viewpoints and interests that many of the legislatures don’t have, according to Stambaugh.

“You, as students of that area, provide a perspective that I think is valuable in policy making,” she said.

Making the Difference
Siperly said students should take pride in the fact that CWU’s name is involved in the Lobby Day proposals.

“We’re the college that wrote it,” Siperly said, “that’s something to be proud of. A lot of cool students have a lot of pride and I love it ... I hope this pride continues for next year.”

The three proposals have all been “dropped,” meaning they will go through readings. Legislatures will then either approve or deny the proposals.

The S&A fees proposal has the most momentum, with support from both parties, according to Siperly.

“It’s about time that a college, like Central steps up and says, ‘Hey let’s permanently decouple it,’” he said.

ASCWU Legislative Affairs wants to follow this trip by having more students involved in next year’s Lobby Day.

Siperly said he’d like to see his successor double the student turnout for next year.

“I’m not saying I’m doing a terrible job,” he said. “But [we should] always ... take what we have learned and run with it and grow with it.”
Science Building III
To receive the $49.9 million in funding for a new science building, as well as to increase science availability and have more available spots for students to avoid wait-listing.

Firefighter Baccalaureate Program
To train future firefighters to become leaders and teach them about new technology in their profession.

ASCWU BILLS
Permanent Decoupling
House #1433
Senate #5592
To permanently separate services and activities fees (designed for students) from the cost of tuition.

Mental Health Resources for Veterans on Campus
House #1737
Senate #5325
Proposed by ASCWU Legislative Affairs Liaison, Michael Scott, to provide a dedicated mental health counselor for veterans on campus as a resource.

BILLS PROPOSED WITH ADMINISTRATION

Student Press Rights Bill
Senate #5064
To further protect the freedom of expression of high school and college students at public schools.

Gender-Segregated Bathrooms Bill
House #1011
Enforces the use of gender-segregated facilities that match an individual’s gender expression or gender identity.

OTHER BILLS AFFECTING CWU

Pictured throughout: CWU students actively participate in Lobby Day events at the Capitol, ASCUW’s VP of Legislative Affairs, J.R. Siperly (pictured far left), speaks about policies during one of the many events hosted at Lobby Day. As the day carried on, student groups and organizations such as MEChA ( pictured left from center) broke out into individual meetings with representatives from various districts. Other active participants and planners include VP of Clubs and Organizations Alex Horning ( second from right) and Nicholas Birkenfeld ( far right).
They have the brass

CWU Trumpet Club musicians work hard and play hard, both in the Music Building and out in the community

By Tim Mitchell

The sun rises and with it the sounds of trumpets playing; the members of the CWU Trumpet Club are beginning their morning practice. Every morning, trumpet students meet in pairs to play through a one to two hour warm-up routine before their first class.

Mentored by Dr. John Harbaugh, professor of trumpet studies, Trumpet Club is focused on how to develop students into professional players.

It is comprised of 23 members, all of whom are students in the music department’s Trumpet Studio.

In club meetings, Harbaugh works with students one-on-one. While all students receive weekly private lessons, the workshop is an opportunity for students to hear each other.

Hannah Mowry, junior music education trumpet performance major and president of trumpet studio, credited the accomplishment to the practice habits encouraged in their meetings.

According to Mowry, the motto of the group is “iron sharpens iron. It’s a supportive atmosphere where we hold each other accountable.”

Harbaugh, who has performed with jazz artists Buddy Rich, Lionel Hampton and Ray Charles, teaches the Bill Adams method.

“If you can hear it, you can play it. [It’s] producing the sound in your head,” Mowry said.

Mowry leads the club with Joshua Bell, music education and performance major, because they have differing strengths.

“Hearing his [playing] is like osmosis,” Mowry said. “We want to use every opportunity to develop ourselves.”

Members of the Trumpet Club practice and perform with CWU’s three classical ensembles, orchestra and jazz groups. Several play for CWU’s Swing Cats jazz band, Jazz in the Valley, Kittitas County Farmer’s Market and other community events.

Several Trumpet Club members volunteer with high school and middle school musicians in the area.

Mowry consults for the trumpet section of Morgan Middle School’s jazz band and the trumpet section at A.C. Davis High School in Yakima. Students are encouraged “to go out and find real-world ways to teach,” Mowry said.

Trumpet Club hosts Trumpet Fest in November. The event hosts high school students from around the area for a day of guest speaker clinics and performances.

The 2016 festival offered a single $2,500 scholarship for students auditioning for the CWU Music Department. As president, Mowry organized the festival.

“It’s a great way to recruit future students,” Mowry said.

Four members of the CWU Trumpet Club also qualified to compete at the 2017 National Trumpet Competition, which takes place in Denver, Colorado in March. Bell, Mowry, Matthew Wentland and James Dawson will perform a quartet piece. Dawson, graduate trumpet performance major, will perform in the Solo Division as well.

The vision is always to grow, both in numbers and in the quality of musicians,” Mowry said.

Most prospective members audition to the Trumpet Studio and the music department during their senior year of high school. People who audition can ask for one-on-one lessons from a current student.

Once a member, trumpet students can apply to the National Trumpet Competition annually, where they can win top performers from across the country, including military groups and world-class solo artists.

“It’s a great way to network,” Mowry said.

Trumpet Studio Information

Visit: cwu.edu/music/trumpetstudio

Or Contact: Professor John Harbaugh, 509.963.1016 harbaugh@cwu.edu

Dr. Jill Hoxmeier is a public health professor at CWU. Send anonymous public health and sex-related questions to askdh@cwubserver.com and have them answered here.

Dear Dr. H,

How do you gauge the level of interest between a guy and a girl? I don’t want to force it but I want to advance the intimacy.

Dear student,

All too often in our confrontation-averse culture, we avoid asking direct questions (i.e. “Are you into me?”) and rely on nonverbal cues (i.e. they aren’t showing me off of them, so they must be into me).

You refer to the “advancement of intimacy,” so I am going to assume you’re asking about how to know whether your partner wants to go further in a sexual relationship.

No you do not want to force it but, the thing about “force” is that people often believe that it is synonymous only with physical pressure — that if you’re not physically pushing someone toward a more sexually intimate relationship, then it’s all good. You would be wrong to think that.

Pressure comes by way not just of physical force, but of verbal and psychological coercion, as well as the lack of recognition and respect of partners who aren’t active participants.

So even if you’re not physically forcing someone to take off their clothes or give you oral sex or a hand job or whatever “spawning the level of interest” in someone especially when you’re getting to know them — often means you’re asking pointed questions.

Yeah, yeah, yeah, asking if you can take someone’s shirt off is so much more awkward than just going for it and seeing what happens. But the “go for it and see” method runs the risk of sexual assault; consent comes before, not after, advancing sexual activity.

If you care about this person, you don’t want them to feel pressured into the activity you’re engaging in.

Asking things like, “Are you with this?” or “Does this feel good?” is a great way to gauge the level of interest.

If your partner relies on communicating through nonverbal cues, tell them it’s hard to really know what they want when they aren’t verbalizing it and you just want to make sure you’re on the same page.

These conversations are sometimes better had out of the bedroom and with your clothes on.

Don’t let “getting caught up in the moment” cloud your judgement for what constitutes consensual activity — ask early, ask often, especially when you’re getting to know someone.

While you asked about assessing your partner’s interest for progressing the level of intimacy in a relationship, I also hear from students who are confused whether someone they are talking to, hanging out with, etc is into them.

Again, because we’d often rather eat our left arm than to come right out and ask, “Hey, are you into me?” Here are some questions to ask yourself:

Is this person curious about me, my day and my life?

Do this person call me when they say they will and show up when they say they will?

Has this person introduced me to their friends and are they interested in hanging out with mine?

Do they value your thoughts, opinions and ideas?

Do they put down their phone or ignore texts when we’re having a conversation?

The list goes on, but there’s just a good jumping off point. No one likes wondering where they stand and if you aren’t sure where you do, go ahead and ask.

If someone is into you, asking them if they aren’t going to change their mind.

That said, insecurity is unbecoming, so if you’re constantly needing verbal reassurance when their actions have really given you no reason to question their intent, that may make some one head for the hills.

Good luck!

For more information on navigating sexual consent, check out: http://www.consentsexynet.com/consent
All you need is Love

CWU international students share how their cultures celebrate Valentine’s Day

By Daisy Perez

For Americans, heart-shaped boxes of chocolate, bouquets of red roses, giant brown teddy bears and dinners at fancy restaurants are common Valentine’s Day traditions. Andrea Sanchez, a sophomore clinical physiology major, said her best Valentine’s Day was in high school.

Sanchez walked into her Advanced Placement class one morning and was stunned to see presents on her desk: bags of Flamin’ Hot Cheetos, Ring Pops and teddy bears holding chocolate.

As she turned toward the class to see who had given her the gifts, her best friend walked toward her and began singing.

“I was in shock, [but] it wasn’t awkward at all. He has always been one of my best friends,” Sanchez said with a laugh.

She said girls and women were “oddly close to someone they love, the family and the poor.”

“We don’t have Valentine’s Day. It is frowned upon to be physically close to someone before marriage,” he said. “Married [couples] are only allowed to hold hands in public.”

While some countries do not celebrate the holiday, there are others that make the most of the celebration of love.

In Japan, Nae Murasoka, a junior marketing major, said there are two versions of Valentine’s Day. In Japan, Feb. 14 is a day for girls and women. She said girls and women give homemade chocolates to families and friends. “You give chocolate to everybody,” she said with a laugh.

Murasoka said that Valentine’s Day is a holiday that was adopted in 1996. It is not meant to be a romantic day. The second version of Valentine’s Day in Japan is “White Day.” This holiday, adopted in 2000, is held on March 14. It is a day when men go to department stores and purchase chocolate and flowers.

Murasoka said, “So they buy chocolate instead of making it.”

“Because I’m with someone that I genuinely care about, the holiday has more meaning,” Plante said. He plans to surprise Samantha at work in their hometown of Richland, Washington.

“I might buy [her] some chocolate, because chocolate is a necessity,” he said.

In Saudi Arabia, the holiday isn’t celebrated. Nasser Aldosary, a mechanical engineering major, said there are only two holidays that his people celebrate: Eid al-Fitr and Eid al-Adha. He explained that Eid al-Fitr occurs after Ramadan—the month of fasting. For Eid al-Adha, it is tradition to kill a sheep to feed their family and the poor.

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This holiday, adopted in 2000, is held on March 14. It is a day when men go to department stores and purchase chocolate and flowers.

“Men don’t know how to cook or make anything at all,” Murasoka said. “So they buy chocolate instead of making it.”

She said that her culture was impacted by American and European culture, which is why chocolate is such a big thing.

Murasoka said that White Day and Valentine’s Day are celebrated in different months because on Feb. 3 and 4, there is another holiday.

“We have our own customs and traditions,” she said.

On Feb. 3 and 4 parents put on masks and become “monsters” to scare their kids to help them grow up and be brave.

In order to get rid of the monsters, children have to throw soybeans at their parents.

“It makes the children not be afraid in life. It brings happiness,” Murasoka said.

Mandukhai Sukhbaatar, a sophomore majoring in construction management, is from Mongolia. She said Valentine’s Day—or Valentiniin Udu—is celebrated on Feb. 14. Mongolia adopted the holiday from Russia about 15 years ago.

People dress in red and there are red balloons and hearts everywhere. It’s a day where men only give chocolate to the girl they like.

“One guy gave me white chocolate,” Sukhbaatar said. “And I didn’t know the meaning of it until after.”

One early morning on Valentine’s Day in her country, Sukhbaatar walked to the grocery store and before she even got there she saw men were running around.

She didn’t understand why they ran, but once she got to the store she realized that men ran around to try to get flowers as a surprise to their girlfriends or wives.

“My country celebrates Valentine’s day,” Sukhbaatar said. “But it’s nothing as big as it is here.”
Soccer refuels with more recruits

By Simo Rul
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The CWU women’s soccer team has signed 14 new players. Head coach Michael Farrand is excited for the new incoming teammates.

“This is a big class, and there is a lot of talent in the class,” Farrand said.

Farrand also echoed that some of the incoming freshman might have a chance to play right away.

“The goalkeeper [Emily Thomson] is going to be able to compete right away for us.”

Emily Thomson is a goalkeeper coming in from Edmonton, Alberta, where she attended O’Brien Catholic High School. In 2014, Thomson won gold in the Remand Pacific Cup. In 2015, she helped lead her team to a silver medal at Schwab’s USA Cup, also winning a gold in the Alberta Summer Games.

Midfielder Peyton Fullner is from Lynden, Washington. She attended Lynden High School and led them to their first ever state appearance. In 2015 she got the WSSA All-State 2A honorable mention honors. In 2016 she got WSSA All-State 2A second team honors, All-Northwest Conference First Team Honors and also a 2016 WIAA Athlete of the Week honors.

“She’s really tough, [a] physical player, is going to be able to do well for us,” Farrand said. This recruiting class will have an opportunity to have an impact on the team’s season. “We have more than a few girls in there, I think, who are going to show up and have an impact on us.”

This will also help them compete moving forward.

“Overall the depth and the quality of the class is actually really good, which is going to give us the chance to compete with each other and that’s what we’re built on,” Farrand said.

The Wildcats are looking to get in gear and have a better year than last.

“We’re excited for the year, we did some things this last year that hadn’t been done in history of Central soccer,” Farrand said. “We’re still chasing the GNAC championship, so that’s really our goal to win a GNAC championship.”

CWU volleyball adds more depth

By Simo Rul
ru1@cwu.edu | @SimoRul

The CWU women’s volleyball team is coming off of a season where they made it to the NCAA west regional. The Wildcats look to build on that with five new signings from Washington, Arizona, Oregon, and Hawaii.

Outside hitter Kayla Banyai is from Chandler, Arizona. She made four state tournaments at Hamilton High School and also made it to the final four in 2016. “Kayla is physical, and has a good feel for the game,” head coach Mario Andaya told CWU Athletics.

Outside hitter Sierra Sharman is from Springfield, Oregon. She was an all-league pick three times and getting first team honors in 2016. “Sierra has the physical tools to be special,” Andaya said to CWU Athletics.

Outside hitter Makala Swart is from Narces Valley, Washington. She won the SCAC West Player of the Year three times, she also was SCAC all-league, all-state, and was picked to the state tournament team. “She’s a high-flyer, has power, and has a strong skill-set. Makala continues to grow in the game each year, but she still has a huge ceiling,” Andaya told CWU Athletics about Swart.

Middle blocker Kylee Yamanashi is from Hokkaido, Japan. She was a MIL all-star Division one team.

“Kylee plays with a lot of energy, and sees the game well,” Andaya said to CWU athletics. Andaya feels excited for the class coming in.

“We have really good pin hitters or outside hitters coming in,” Andaya said. “We have a good middle [coming] from Hawaii.”

He feels the Wildcats have covered positions with these signings.

“Across the board we have a really balanced class, as far as positions go,” Andaya said. There will be some chance for the freshman to compete for a spot.

“They’re going to be thrown into the mix, for sure,” Andaya said. “We had three true freshmen last year that started for us.”

All the newcomers have good odds to compete for playing time, but nothing is guaranteed.

“The freshmen will certainly be evaluated and to see whether or not they can help us next year,” Andaya said. “But time will tell whether or not they can keep up with the speed right away and the level of training.”

Andaya spoke about the challenges of recruiting in state and importance of bringing in players from other states.

“We did bring a lot of out of state kids,” Andaya said. “We battle a lot with some in-state schools for the same kids. It’s nice to have that diversity.”

Andaya also touched on how the school itself helps with recruiting.

“CWU is doing a very good job,” Andaya said. “It’s helping us as recruiters for the school just because of what our institution has to offer academically and then also socially.”
Sadie Mensing begins to shine bright

By Diamond Martin
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Sadie Mensing is a sophomore shooting guard on the CWU Women’s Basketball team this season and is starting to stand out and shine as one of the best players on the team.

Mensing just had a career high in points with 19 two weeks ago, against Western Oregon University.

“Having the high scoring game really helped boost my confidence and it made me feel good to contribute to my team,” Mensing said.

Mensing went to Glacier Peak High School and is from Snohomish, WA.

She thinks her basketball career at CWU so far has been going great.

“I’ve been challenged and improved as a basketball player while getting to have great experiences and memories with my team,” Mensing said.

She decided to play for CWU because she wanted to be a part of a team that made her feel like they wanted her there and that’s how everyone made her feel.

“I really love the relationships I get being a part of a team, that’s how everyone made her feel.

“I really love the relationships I get being a part of a team, that’s how everyone made her feel.

Sadie Mensing is the youngest of her two older sisters who as well played basketball which inspired her to want to play. She started playing basketball as soon as she could walk with her older sisters and never stopped.

She played basketball throughout elementary, middle school, high school and played on select teams as well on top of that.

“I really like basketball because I’m a really competitive person and it’s a really competitive sport,” Mensing said.

Randi Richardson, Assistant Women’s Basketball coach mentioned how Sadie holds herself to a high standard, which helps the coaching staff not feel like they must get on her always.

“She is a kid that is always willing to do the extra [during] practice time to perfect her craft. We don’t have to beg her because she pushes the issue,” Richardson said.

Richardson shared how Mensing always shows up with a positive attitude to practice, wanting to get better and a good team player.

“She has improved a ton from her freshman year and her ceiling is really high. I am excited to see where she goes since she has already improved so much with her confidence, skill level and ability to score the basketball has expanded,” Richardson said.

This year, the CWU women’s team is new and very young. Right now their goal is to improve every day since their record in conference right now is 4-10.

“We have an outside shot in making the playoffs and we will not get their unless we improve every day,” Richardson said.

Mensing is currently majoring in clinical physiology and wants to pursue a career somewhere in the medical field. Right now she is interested in being a physician’s assistant and just want to work with people and help them in some way.

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Sadie Mensing

2016-17 Stats:
Games started: 22
Points per game: 9
Field goal percentage: 48.7
Rebounds per game: 3
Steals: 30

Sadie Mensing begins to shine bright

Sadie Mensing has the ball during the first game of the year against Pacific Lutheran.
CWU men's rugby has eye on the prize

By Diamond Martin
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With the season underway, the men’s rugby team has high expectations for what they want to achieve this year, both as a team and as individuals.

"I just want to win. My goal is to...win a national championship," Dean said. "I don’t know what it’ll take to get there because I’ve never done it [but] I think the team and I are on the right track this year, so we just have to keep working every day.

Coach Thornley not only offers a new pattern of play, but he also holds each player accountable to buy into the team’s goals which will carry us a long way.

"Our ‘one and only goal is to win [the Cup]. We will do this by standing by our core principles and trusting the process," Enfield mentions that everything thing for the team has changed in a good way since having Thornley as their head coach.

"This year we are doing the basics better than any other team and lean heavily on our big and hungry forward pack.

CWU has the chance to be a ‘thought leader’ regarding how concussions are diagnosed on and off the field for an overall affordable price. The cost can create a sense of sticker shock, but this investment could save students thousands in the long run considering that the school will not pay for any medical bills for students. Roofer’s insurance, but you’d still have a copay of $1,000 or more," De Villeneuve said.

Along with the expensive costs, 90 percent of patients who receive computed tomography (CT) scans for traumatic brain injuries are CT negative for structural brain damage which exposes patients to unnecessary radiation, according to Brainscope.com.

The “Ahead 300” is a technology that can benefit CWU athletics as well as giving the EMS Paramedicine students a chance for hands-on experience with the future of traumatic brain injury assessment.

Pats win, Falcons blow it

By Ryan Kinker
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I’m still shocked by what transpired Sunday at NRG Stadium in Houston. After appearing completely dead for the better part of three quarters of football, the New England Patriots came back from a 23-point deficit to win 41-28 in overtime against the Atlanta Falcons in Super Bowl LI.

New England held many records in the game, aside from being the first ever Super Bowl to go to overtime. Patriots running back James White now holds the rushing yards (141) and quarterback Tom Brady now holds the passing yards (466), passing completions (43) and passing attempts (62).

While the Patriots and Brady (who now joins defensive end Charles Haley as the only people to play five Super Bowl victories as players) performed very well in the second half, the final result is tied to the failings of the Falcons.

There are two end result is tied to the failings of the Falcons. There are two things that determine the fate of the Patriots and Falcons and they occurred with four minutes left in the fourth quarter.

After driving from their own 10-yard line, the Falcons were held on 3rd and 10 by running back Devonta Freeman and an amazing 27-yard catch along the sideline by wide receiver Julio Jones, the Falcons were at New England’s 22-yard line. After a loss of a yard on their first down play, the Falcons could have run the ball twice more, then kick a field goal to be up 11 points with around three minutes left in the game. While the Patriots did score another touchdown on their next drive, there was less than a minute left when they scored; the game was practically over if this sequence of events played out this way.

The Falcons attempted to pass the ball on second down and quarterback (and NFL Most Valuable Player) Matt Ryan sacked and lost 12 yards. The Patriots called a timeout to keep as much clock as possible. The decision to go for a field goal attempt into a 50 yard field goal attempt into a 50-yard field goal attempt into a 52-yard attempt. Still within the range of a kicker Matt Bryant, the Falcons could have taken a safe run up the middle on third down to force the Patriots to use another time-out and stay at a decent field goal range. Despite conventional wisdom, Ryan stepped back to pass yet again and completed a pass to wide receiver Mohamed Sanu to the nine yards. The play was then brought back 10 yards from the line of scrimmage by a holding penalty on offensive tackle Jake Matthews that also stopped the clock without New England needing to expend a timeout. The Falcons were now at the 45-yard line and making a 62-yard field goal is not even close to probable for any kicker that isn’t benefiting from the thin air of Denver’s Mile High Stadium. In Houston, on the shore of the Gulf of Mexico, not even the mighty Bryant could succeed. The Falcons had to punt and eventually lost the game because they didn’t run the ball.

This should sound familiar to Seattle Seahawks fans. The last time the Patriots reached the Super Bowl, they won after cornerback Malcolm Butler intercepted Seahawks quarterback Russell Wilson’s second down pass to wide receiver Ricardo Lockette on the two-yard line.

The consensus from NFL analysts and fans alike was that the Seahawks should have given the ball to running back Marshawn Lynch, who had 102 rushing yards in the game. Apparently Seattle’s offensive coordinator Darrell Bevell thought otherwise and it cost Seattle their second straight Super Bowl win, just as offensive coordinator Kyle Shanahan cost the Falcons Super Bowl LI.

Coach Todd,” Enfield said. CWU’s next game is against Valley RFC on Saturday at 1 p.m. in Seattle.