Observer

Central Washington University
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She also spoke on the growth in hate and bias incidents that the SPLC said occurred since the election. “A lot of these incidents happened on college campuses,” Brooks said.

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Of all of the incidents, the types that were reported the most were anti-immigrant, antiblack, anti-Muslim, anti-LGBTQ, swastikas and general Trump-related comments.

By Ray Payne
news@cwuobserver.com

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Marijuana Mondays helps educate students on marijuana awareness month.

By Jon Olsen-Koziol

Marijuana Mondays will help students understand how depressant drugs work, how marijuana affects the brain, and what Washington’s policies are.

Marijuana is still a Schedule I drug, meaning it’s deemed to have a high level of abuse and no accepted medical use, according to the Drug Enforcement Agency’s website.

The first event held was a no-hipENSORperspective on marijuana’s additive properties. It is addictive, but far less than other substances, according to Cronic. There is an endocannabinoid system in the human brain, and this makes it easy for the body to wean off marijuana.

Ortega is more comfortable with his marijuana use following Cronic’s presentation.

“I can narrow the potential risks of using it,” Ortega said.

The next event is on policy and procedure. The first half will focus on the evolution of marijuana’s legality in Washington, according to Cronic.

The last half will be a Q&A with a panel of people including a CWU police officer, a residence assistant and Doug Fulp, M. Ed, the Health Educator at the Wellness Center.

Cronic will ask them questions about how marijuana’s legal status has changed policies for their respective jobs.

The last event will be about how marijuana compares to other recreational drugs like cocaine and alcohol. Both will take place in SURC 140 at 7 P.M.

Fair news is destroying trust in student media

In early American journalism, the publication of false and sensational news wasn’t something that was solely found in off-the-wall magazines—it was a common go-to as media moguls competed for readership.

Yellow journalism, the official name for this type of sensational news, slowly faded out while some of the greatest and most trustworthy media names remained above the fray.

Household names such as Edward R. Murrow and Walter Cronkite settled into the Golden Age of journalism.

As a journalist, I would be more than happy to tell you that the news you see every day is entirely accurate and that media industries have only expanded further upon the legacy that’s been left by some of our predecessors.

Unfortunately, that is not the case.

We live in a time where journalistic integrity is more crucial than ever, and yet, our media is filled with holes of information that can tend to scare readers away.

Last year alone, Facebook users shared fake news about the US election (and politics in general) approximately 10.6 million times. According to Buzzfeed, that’s almost half of the 21.5 million shares in fake news that falls to a journalist.

The issue of ethics and moral responsibility of journalists remains accurate and concurs. Last year alone, Facebook shared fake news 10.6 million times. According to Buzzfeed, that’s almost half of the 21.5 million shares in fake news that falls to a journalist.

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County and CWU police work to benefit the public

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The Kittitas County Sheriff’s office works with local and campus police in Ellensburg which creates both advantages and problems. But how do authorities collaborate with each other?

“All the law enforcement agencies work well together,” said Kittitas County Undersheriff Clayton Myers. “The benefit to the public is they get a more cohesive response to criminal complaints.”

Patrol Captain Jason Berthod-Koch has worked for CWU since 1999 and attributes the great relationship between organizations with the scale of the region they cover and how well they work together.

“We are not only a police department, but we are a resource,” Koch said.

In similar fashion, Hansberry cited the Citizen’s Academy which educates the population on what the Ellensburg Police Department does and the problems they face. “Quite simply, we are here to help ensure everybody who lives and visits Ellensburg is experiencing a good quality of life,” he said.

CWU Police Chief Mike Luvera said that there are some teachings that go on within the different agencies that they provide for each other.

“There is probably half a dozen solid topics that we offer on college campuses advertising white separatism,” Luvera said.

“We are only a police department, but we are a resource,” Koch said.

Two people who Brooks said watch for on the emerging white nationalist front are Richard Spencer and Milo Yiannopoulos.

According to Brooks, the two are currently making it their mission to spread white nationalism on college campuses.

“No group should be promoting racial separation, and that is their message,” Brooks said.

She referred to Spencer as a “professional racist in khakis.”

Spencer currently runs a group called the National Policy Institute.

“What is it going to take for people to realize something serious is going on here?” Brooks asked.

As for Yiannopoulos, she criticized his college tours and the reasoning for student groups that invite him to campus.

“Brooks ended her presentation with tips on how to handle events where someone may witness hate or bias.

The most important things to do are to assess, record and report the situation.

The overview presentation had an underlying theme of urgency to it.

“It’s not enough to say that it’s not me, I don’t believe in it, it’s ridiculous, we have to find ways to stop it,” Brooks said.

Two events occurred in February that Koch cited as examples of when a cohesive response was beneficial.

The places that Brooks said these events mostly occurred at were K-12 classrooms, businesses, universities, on the street and on private property.

Brooks described the fact that these events were reported in classrooms and on campuses as “disturbing.”

According to the SPLC, close to 100 colleges have been receiving white nationalist fliers on their campuses.

Brooks also talked about the SPLC’s coverage of hate groups.

According to the SPLC, there are close to 917 active hate groups in the United States and the number of hate groups has gone up by 25.

One group, the American Vanguard, was said to be responsible for the college fliers and has been trying to recruit on college campuses since the election.

Another group that was identified was Identity Europa, which has a speaker who goes to college campuses advertising white separation.

“Identity Europa is a racist group that is teaching people to realize the reason behind the growth in hate groups, Brooks said.

“WHAT IS IT GOING TO TAKE...”
Lind Hall on track for department shift

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Lind Hall used to house the physics and geology departments. Now the 44,830 gross square feet building is on its way to being completely renovated. The communications department and ROTC will be moving into Lind Hall in June. In Bouillon Communications will be on the first floor and ROTC on the second floor.

Physics moved into the new Science II building last fall. “Planning the construction and renovation, meeting with contractors and employees and scheduling cleaning and moving has been a complex process,” said Bill Yarwood, Central’s director of facilities planning and construction services, in a press release.

Jasmin Hillemann, the project manager during the document phase of the Lind Hall renovation, said all the documentation went smoothly. The renovation for Lind Hall started Dec. 9 and is right on schedule to finish on May 31 she said.

The renovation of Bouillon, which will become a “one stop shop” for student service once communication moves to Lind and Math moves to the new Samuels building Fall 2018. Hillemann is also involved in many other projects going on around campus, including Science Phase II and other renovations to older buildings. When it comes to Lind Hall, “we are pretty much renovating the whole building,” Hillemann said. “It’s on time and going well.”

The communications department and ROTC will be moving into Lind Hall in June. In Bouillon Communications will be on the first floor and ROTC on the second floor.

CWU.edu updates

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CWU’s new website designs allows users to journey through the online pages easier.

On Feb. 6, the new website officially launched.

The biggest advantage to the update is the ability to access the website through a mobile phone. Something that was absent limited on the previous website, said Linda Schactler, vice president of public affairs.

A redesign of the website involves more graphics and a more intuitive functionality she said.

“One of the realities of hosting a web page is that you’re always revising and updating it to make it as useful as possible,” Schactler said. “Our goal for this re-skinning of the pages is to give our pages a more contemporary appearance and to make them easier to use.”

Schactler said any user who finds a problem, such as a dead link or outdated information, is encouraged to contact the Department of Public Affairs at 509-963-1221.

The new design and content of the new CWU.edu site are based on the best industry practices for university’s chief business communication tool. The website has more than 790,000 page views per week. The new site spotlights high-traffic locations on the CWU website, based on analytics from admissions, financial aid, housing, and the registrar’s office.

Throughout the year the website will update with different phases, later on this year an update will revise the design and content on all university web pages. Enrollment at CWU is now 11,933 making it one of the fastest growing universities in Washington. Central is ranked first in the state for value by the Economist magazine. This means that the structures around us must change and flow with the times, Schactler said.
Did privilege win Adele album of the year?

By Ryan Kinker

The 59th annual Grammys took place Sunday night and the ceremony left me thinking about the way we all appreciate music. I’m an average, white male who has a hard time seeing every day privilege and even I was able to perceive that the Grammys created another example that privilege is tied to music appreciation and choice.

My favorite band for the past few years has been a group called Modern Baseball who formed in Philadelphia in 2011. They are everything you could look for in an emo group and, no, I don’t mean the swag phase of emo in the mid-to-late 2000s with My Chemical Romance and Fall Out Boy, but the original emo consisting of nerdy college guys in 90s bands such as American Football, Texas is the Reason and Mineral: gut-wrenching and personal lyrics, memorable guitar riffs and absolutely horrible, nasally-sounding vocals.

Modern Baseball’s songs detail break-ups, death of family members, general apathy and struggles with mental health. Unfortunately for me, and for many women and black music lovers, that musical choice and appreciation for the songs we love are heavily entrenched in both white and male privilege.

While Modern Baseball’s two lead singers, Brendan Lukens and Jake Escoff, are very outspoken about their support of an inclusive scene and the abolishment of elitist masculine thinking and songwriting, the scene as a whole is still primarily comprised of white men in their 20s and 30s.

This is not necessarily the fault of any one person or band and there are huge exceptions to the rule in bands/artists such as PVRBT TM, an amazing queer punk duo, and solo acts Julien Baker and Allison Weiss, but music is created and appreciated by those who can relate to the problems discussed.

Blink-182 has many songs such as “Stay Together for the Kids” and “Man’s Song” that focus on issues at home and with mental health. These are the types of issues that a primarily white audience can relate to because these are the issues their privilege allows them to focus on. This is also why someone like myself who has divorced parents, a history of mental health problems and grew up poor in the definition of white poor, who is somewhat of an outlier than the definition of poor when it comes to people of color, has a hard time relating to the music of black artists like Kendrick Lamar and Beyoncé.

Kendrick Lamar’s 2015 album “To Pimp a Butterfly” is a masterpiece that I appreciate from a purely musical perspective. It is fresh and funky, while Kendrick proves yet again that he is one of the best rappers on the planet right now. But I can not stress enough how much I cannot relate to the struggles he discusses in his lyrics.

Kendrick is from Compton, California and has a completely different background than myself. On “To Pimp a Butterfly,” Kendrick goes from discussing the way the entertainment industry treats black men (“Westley’s Theory”), to the self-hatred many black American struggle with because of stereotypes and misrepresentation in our media and culture (“The Blacker the Berry”), to a song that has become an anthem against brutality plaguing the country (“Alright”).

I don’t listen to Kendrick and other artists like Lupe Fiasco, Beyoncé and Chance the Rapper very often, and background and privilege are a big reason for that. I believe there is a different world experience (which includes privilege) absolutely plays a role in what transpires at the Grammys every single year.

According to the Recording Academy’s membership website, voting members of the Grammys have relatively deep criteria in order to gain a vote in each year’s categories, including either being previously nominated or having a certain number of record sales.

However, this club of producers, engineers and singers is most likely not the most diverse group of people. This club of producers, engineers and singers is most likely not the most diverse group of people.

The last originally composed album to win the category by a person of color was Outkast in 2004 for “Speakerboxx/The Love Below.”

While this is not necessarily some sort of proof of institutional racism in The Recording Academy, it brings up my point that musical choice and appreciation has been controlled by our privilege.

Last year, Taylor Swift’s album “1989,” won album of the Year over Kendrick Lamar’s aforementioned “To Pimp a Butterfly,” despite “To Pimp a Butterfly” having overwhelmingly better reviews across the internet and tackling social issues effecting a large portion of the United States’ population and still reaching Platinum certification from the Recording Association of America. Not to discredit songs like “Shake It Off” and “Blank Space” by Swift, but the fact that Kendrick can put out an entire album displaying his fears and hopes of himself and Black America was brave, poetic and ultimately a great collection of songs.

But I think past history (Swift won the Album of the Year for her album “1989”) or lack of opinion on social issues by voters caused Swift’s victory.

Which brings us back to this year’s Grammys and the topic of conversation that has been at the forefront of discussion: Adele winning Album of the Year over Beyoncé. Beyoncé’s album “Lemonade” is in much of the same content as “To Pimp a Butterfly.” She tackles many social issues, which tied into her Super Bowl 50 performance last year where her costume was heavily influenced by the clothes worn by Black Panthers in the 70s, and also speaking about her own experiences as a black woman.

Adele knew how “Lemonade” made her and millions of other women feel.

The album has received a large amount of acclaim as an album empowering women around the world, tying greatly into topics in this country such as the Women’s March last month and generally the voices of oppressed and underrepresented groups.

The case can be made, with ease mind you, that Adele deserved the award. I can’t necessarily agree with that since I’ve loved Adele since 2008 when I heard her song “Chasing Pavements” in addition to the fact that we share the same birth day. The drama ensued, however, when Adele received the award and gave a shout out to Beyoncé.

“I can’t possibly accept this award. I’m very humbled and I’m very grateful and gracious, but the artist of my life is Beyoncé,” Adele said. “The Lemonade album was so monumental, Beyoncé.”

It was so monumental, so well thought out and so beautiful and soul-bearing and we all got to see another side to you that you don’t always let us see and we appreciate that.”

Adele seems to be in the group of people that consider the importance Beyoncé’s music was this past year, and despite putting out a great album herself, Adele knew how “Lemonade” made her and millions of other women feel. These groups include Solange Knowles, sister of Beyoncé, who noted Monday the lack of success black artists have had at the Grammys.

“There have only been two black winners in the last 20 years for album of the year,” Knowles said. “There have been over 200 black artists who have performed.”

Knowles even took it a step further by saying that there should be a movement to create a larger establishment for underrepresented artists.

“Create your own communities, build your own institutions,” Knowles said. “Give your friends awards, award yourself, and be the gold you wanna hold my g’s.”

The purpose of music is to make us feel something, to express emotion from the human experience, and for better or for worse our experiences have an impact on the music we listen to and appreciate.

By each person not acknowledging their privilege, the music industry (and the Recording Academy) will continue to be homogenous and downplay the significance of music to groups that they don’t share similarities with.
Q: ALWAYS THE MOST CLI-CHE QUESTION: HOW DID THE BAND GET STARTED?
A: We’d known each other a while. Some of us had been in bands together in the past. It was just a matter of timing. Everyone was available and we wanted to do something fun and low-key. We were originally a cover band called Walking Talking Stephen Hawking. Things developed over the years [and] we started writing original music. Then we won Burgstock 4 and that made us start taking the situation a little more seriously.

Q: HOW WOULD YOU DESCRIBE YOUR SOUND? WHAT MAKES IT DIFFERENT FOR LISTENERS?
A: We really sound like friendship. When you hear us play together, I think you can really tell that we have a deep mutual respect for one another. If there’s anything that makes us stand out from other bands, it’s probably Lakyn’s vocals. She’s packing some pretty raw power behind her poppy melodies. Also Devin is pretty good with his fingers.

Q: IS THE HOPE TO MAKE IT HUGE OR DO YOU ENJOY THE LEVEL OF SUCCESS YOU’VE ALREADY ACHIEVED?
A: We’d probably be lying if we said we wouldn’t enjoy a little fame and fortune, but it’s not an expectation. We just take things one step at a time. We’re pleased with the growth we’ve had recently. In a lot of ways this band has already exceeded our expectations. We just finished our first album. That’s not something we ever thought we would accomplish when the band started.

Q: WHO ARE YOUR MUSICAL INSPIRATIONS?
A: There’s a short answer and a long answer. Everyone in the band could give you a pretty long and diverse list of personal influences, but we’ll spare you this time. We each bring something different to the table, but there are also some common threads that we all share. That’s probably what helps us all speak the same language, musically. After a few drinks, we can all agree on Abba, the Grease soundtrack [and] Disney tunes [to name a few]. It’s also hard to ignore the nostalgia for the 90s that’s been present in our culture lately.

Q: WHAT’S SOMETHING INTERESTING FANS WOULD WANT TO KNOW ABOUT YOU?
A: We don’t like each other very much.

CobraHawk is planning to release their first album in March and if you missed their performance, the band has a few upcoming shows booked in Wenatchee and the Yakima Valley. CobraHawk t-shirts and tour information are available at www.cobrahawkband.com. Their newest single “Hot and Bothered” is on iTunes, Spotify and other major digital platforms.
Last Friday, Feb. 10, CWU students were treated to another celebrity performance during Campus Activities’ “CWU Up-Late” event series.

The SURC Ballroom was taken over by Mad Chad Taylor, a juggler and comedian who specializes in daring comedic acts. Taylor welcomed the audience with a few jokes before beginning his juggling routine. He started with tennis balls and ended with his well-known chainsaw act.

With help from a few audience members throughout the show, Taylor provided the audience with an experience they craved. This was not the first time Taylor has performed at CWU. He was here several years ago when he first started touring colleges.

“I haven’t been here since 2002, so it’s been a long time,” Taylor said. Taylor wasn’t taught how to juggle, since there weren’t any schools or classes for people interested in that particular style of performance art. Instead he began learning how to juggle after receiving a book on the subject for Christmas. Once he began to pick up on the technique, he went on to do “simple but fun” street performances on the Venice Beach Boardwalk in California. When he noticed other street performers outside, he knew he could do it too.

“I was only 13,” Taylor said. “It was a way to make a few extra bucks.” In order to incorporate comedy he would juggle plungers and various other fun objects.

After performing for a while, a cruise ship agent got ahold of him and offered him a job performing on cruiseships. “I was able to perform and see a lot of the world,” Taylor said. It was a good experience for him. However, it wasn’t during his time on the cruise ship that he introduced the chainsaws into his act. Taylor introduced the new element while filming a beer commercial.

“The director thought it [juggling chainsaws] would be cooler,” Taylor said. That was his big break and now he continues to use it as a regular part of his routine.

Taylor is often recognized for his appearance in a Progressive Auto Insurance “Name Your Price” commercial, where he is juggling three chainsaws at a festival when a Progressive customer tries to join in.

“Everybody saw this and it got me more recognizable,” Taylor said.

The commercial is one of his favorites, but it is tied with the time that he traveled to the Caribbean for five days to shoot a commercial for Sunkist.

At the close of Taylor’s performance, he mentioned the importance of supporting live performances around the community.

“I know we now have smartphones to look things up, but it’s good to get out there and see live performances around you,” Taylor said.

Trying new things and taking opportunities is what he aimed for when Taylor began his career as a performer, and he inspires his audience members to do the same.

He wants people to go for what they want and go for their dreams. “You won’t know unless you try,” Taylor said.
It’s Showtime

CWU performers take their acts to the stage in the SURC Ballroom for the annual “Showtime at Central”

BSU organizes and sponsors “Showtime at Central” annually as a tribute to Black History Month, and to showcase the diverse talents of the student body. Each contestant will receive a few minutes of stage time. In addition, when performers first enter the stage, they can “rub the stump,” an original gimmick from “Showtime at the Apollo.” If a participant “rubs the stump,” they can perform for 45 seconds before the audience is allowed to react. If not, the audience members can immediately begin applauding or booing them off the stage. Contestants will come face-to-face with criticism during their time on stage. “I’ve been booed,” said Davis, who performed in the event during her freshmen year. “Regardless of whether we get booed or not, we have the opportunity to perform.”

Davis estimates that about 11 performers auditioned for Showtime at Central and the majority of those are singers, rappers and dancers.

“Some of our rappers already have a name for themselves,” Davis said. “And this is the first time we’ve had dancers in the show.”

The audience will decide the winners of the contest and there will be prizes for the top three performers. First place will receive a cash prize and Black Grenade Entertainment—an artist management company and local record label—will award merchandise to second and third place winners.

BSU Advisers Mal Stewman and Keith Champagne worked with Director of Student Involvement Andre Dickerson to contract this year’s celebrity guest host. Davis is excited to bring Emmanuel Hudson, a YouTube comedic personality to “Showtime at Central” Feb. 18. “I’ve been booed,” said Davis, who performed in the event during her freshmen year. “Regardless of whether we get booed or not, we have the opportunity to perform.”

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Regardless of whether we get booed or not, we have the opportunity to perform. Jessie Davis, BSU Event Programmer

Dear Dr. H,

I really want to try unprotected sex with my boyfriend for the thrill. Neither of us have STIs so our only risk is pregnancy. Is it wrong to do something you know is stupid, even if you have Plan B (since that should be for emergencies)?

Dear student,

Where’s Kids will do just about anything for a thrill these days, huh? I’m going to go ahead and say it: This is a bad idea.

You ask if it’s “wrong to do something you know is stupid,” but having planned, unprotected sex is more than just a “whoops,” it’s just plain risky if you don’t actually want to get pregnant.

As someone whose job it is to minimize health risks, I advise against having unprotected sex just as I would advise against driving without a seatbelt. Yes, people have unprotected sex, and don’t get pregnant, just as people drive without a seatbelt and don’t die in a car crash.

But knowing these outcomes are risks for the behavior, I think we should find other ways to space up our lives.

There’s no shame in wanting something thrilling and I’m sure you’re not alone in this particular thrill sounding enticing.

While Plan B is very effective in reducing the chance of getting pregnant after unprotected sex, there is always a chance it won’t work—and then what?

If you really don’t want to get pregnant, I just don’t think the “thrill” is worth it. Why not get on hormonal birth control or an IUD and have all the condom-less sex you want with your STI-free partner? Why not role play your way through the fantasy “risk” of not using protection? Are there other ways of getting a thrill with your partner?

If it’s the “naughtiness” factor you find thrilling, surely there are other ways of achieving this that doesn’t have the potential health impact of an unintended pregnancy: new toys, different positions, other places to have sex, etc. The danger with this particular thrill is that if you find yourself really enjoying it, long term use of Plan B is not recommended and you will likely get pregnant at some point with the more unprotected sex you have.

Can you exercise too much?

Dear Student,

Yes. You can indeed exercise too much. And in a body-obsessed culture where we put fitness gurus on a pedestal and praise people for their commitment to working out, knowing when enough is enough can be challenging.

Exercise is great to maintain healthy physical function, a healthy weight, reduce risk of chronic disease and boost your mood and energy, among others.

Too much exercise, however, can diminish performance, weaken the immune system and negatively impact our mental and social well-being. We need enough time in between workouts—and quality rest—to recover because exercise is stressful on our bodies.

If you’re wondering if you, or a friend of yours is exercising too much, ask yourself these questions:

Have you stopped seeing improvement in your work outs or stopped enjoying exercising?

Do you exercise when you’re sick or injured?

Do you feel guilty when you miss a workout?

Do you forgo other activities you generally enjoy because you don’t want to miss a workout?

Do you schedule your day around working out or exercising?

These are just a few potential red flags that could indicate an exercise compulsion. We are bombarded with messages in our daily lives that when it comes to exercise, more is better. If you really want to reap the benefits of exercise, however, moderation is indeed better.

A healthy relationship with exercise means you that enjoy doing it and don’t feel bad about yourself when you miss a workout. You work out because you want to, not because you have to.

Dr. Jill Houser is a public health professor at CWU. Send anonymous public health and sex-related questions to askdrh@cwuobserver.com and have them answered here.
A teacher in the making

By Lindsey Powers
powery@cwu.edu | @LIndseyPowers

College is a time to explore career options, but it is also a time to make friends and make memories.

Callie Bursey is a senior education and special education double major. Bursey said she loved both programs, and because it was going to be impossible to choose between the two, she decided to major in both.

Her current plans after graduation are teaching general education, but hopefully having a mix of special education students.

Bursey believes that CWU has a great education department and she appreciates the dedication and cheerful attitudes of her peers in the program.

“Becoming friends with classmates is my favorite part. At the end of this year, I will have a lot of memories with people in class, you get to know them and you’re able to have jokes and such in class,” Bursey said.

“Once class is over and everyone leaves, you have to do that all over again the next class session, so when you can break the mold and keep that friendship outside of class, it’s the best.”

Bursey said becoming a teacher has been a long-time dream of hers. That is why once she settled into the program she knew that she had found the perfect place for herself.

Her goal for her future in education is to be happy and have an impact on a student’s life for the better.

Bursey lives in a quiant house with 60's themed interior and spacious bedrooms. She shares this with two roommates, one of which is also a education major, making it so Bursey has a permanent study buddy.

Bursey remembers the day she met her best friend, a girl who has had a monumental effect on not only Bursey’s academics, but her happiness.

During class Bursey made friends with a girl wearing a burger hat. Once the class was over Bursey stayed to talk with the professor and the burger-hat girl left. After finishing talking to the professor, Bursey headed back home to Sue Lombard.

“One inside, I’m walking down the hall and I see the girl with the burger hat,” Bursey said. “Of course I yell, ‘Hey you!’ and we both freeze. We ended up standing and talking for hours and that is what lead to our friendship.”

Seeing a friend outside of the classroom and backing up the courage to talk to her is what helped Bursey gain such an important person in her life.

Bursey says to not be afraid of what people are going to think of you and to just try and have fun.

Condom Catwalk slid into success last Wednesday

By Daisy Perez
daisy.perez@cwu.edu | @CWUObserver

Last Wednesday, Feb. 8, my roommates and I got a little more dressed up than our usual denim jeans, snow boots and jackets. We curled our hair and I finally wore that deep red lip gloss a year ago.

I finally wore that deep red lip gloss against the back wall.

As the audience took their seats, DJs from 88.1 the ‘Burg blared some Top 40s as red, green and blue projected lights fluttered. Although some seats were empty, I’d say at least 100 people attended the show.

My girlfriends and I wrapped glow sticks around our wrists and clicked remotes so we could answer trivia questions and vote for our favorite outfits.

The show was a great experience, we could see how the show aimed to not only educate people about safer sex practices and remove the stigma behind their outfits, this one was about staying abstinent “but if you don’t that’s OK too.”

The audience—who was mostly female—went absolutely nuts when he walked the runway. It’s not difficult to imagine why; his waist was covered by dangling brown condoms.

All 11 outfits displayed a message about safe sex and it was hard to believe that they were made of condoms.

One dress was a colorful yellow, orange and red, knee-length dress that swayed to and fro when the model walked the runway.

Another model wore a dress—inspired by the birds and the bees—of purple and yellow condoms, and while the front was short I was surprised to see a tail of condoms that reached her ankles.

The only male model, Ter- ry Fairchild, wore a George of the Jungle inspired outfit (which, isn’t much).

The audience— who was mostly female—went absolutely nuts when he walked the runway. It’s not difficult to imagine why; his waist was covered by dangling brown condoms.

Although all the designers did an amazing job creating their outfits, I had three favorites. The Princess Leia inspired outfit fit with the theme “Don’t use the Force,” was clever.

Another girl wore a Rihanna inspired outfit; she wore a figure-hugging black suit with black knee-length heels.

Another girl wore a Rihanna inspired outfit; she wore a figure-hugging black suit with black knee-length heels.

Her long orange condom shawl is what made this outfit.

Each condom in the stole was blown up like a small balloon and attached together to create a fashion statement.

The last girl who, although
Rugby heads to Canada undefeated

**By Simo Rul**

Rugby turns out to Nicholson advantage.

For the past few years, Root Sports and each game will give them an edge on the board. The Wildcat’s are led scoring-wise by Dom Hunter, who was once one of the league’s top scorers. He’s been a constant part of the game. The Wildcat’s are led scoring-wise by Dom Hunter, who was once one of the league’s top scorers. He’s been a constant part of the game.

**“Rivalry” from page 1**

WWU, who is currently ranked No. 20 in the nation, presents CWU with many challenges each time the two meet in the GNAC. WWU, who is currently ranked No. 20 in the nation, presents CWU with many challenges each time the two meet in the GNAC.

Senior By-half Scott Dean has added four conversions. He has managed to help the scoring load. "Super important," Dean said. "Anytime we can get points on the board, that’s what we’re trying to do." They started off against the Vancouver Rowing Club, winning 33-21 and Lindenwood-Belleville from Illinois, winning 45-12. Then travelled to Missouri to take on Lindenwood where they came out with a 21-3 win, and faced Valley RFC, this past week where they won 50-10.

Going into the Abbotsford game, a big focus is to build on what they have started. "We’re just trying to get better," Dean said. "The Canadianans play a lot, and they’re really skilled, so it would be a good test for us against each other Canadian senior hooker, leads the team with five tries. Peneueta wants to play through every game, but how the team does is bigger than any individual accomplishment. "Each game I just try to play my hardest," Peneueta said. "I’m going to score," Peneueta said. "I don’t even think about scoring really, I just think about the team, and what I can do." Peneueta feels off of the backs around him, and he does not think about the points, those will come with the flow of the game.

"If we see [an] opportunity to score, I’m going to score," Peneueta said. "Usually I’m trying my best to pass the ball around, and look for opportunities for my other teammates."

Peneueta thinks this week is important because they are playing a quality opponent that can help them get better. "Last game, even though we got a win, as a team we didn’t play very good, we didn’t play our structure," Peneueta said. "This week, we have time to fix those errors. We’ll see if we improve when we play this team that’s very good."

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Lacrosse looks for repeat playoff appearance

By Natalie Hyland

Son, the lacrosse team practices freshman we have this year.”

That we had last year in the repeating what we did, if not going back and

Tain for three years and is now including eight freshmen and one transfer student.

Evan Schmitzus, who graduated last season, was the captain for three years and is now returning as the coach. “I think we have a really high chance of going back and repeating what we did, if not going further,” Schmitzus said.

“I see the same overall strengths that we had last year in the freshman class, the junior class, the senior class.”

In order to bring new players up to speed and give them the best always a successful season, the lacrosse team practices four nights a week from either 8 p.m. to 10 p.m. or 10 p.m. to 12 a.m. Weather permitting they practice on the Alder Complex fields, but when the weather is bad they can be found in the Pa-villon Fieldhouse.

“We’ve been rein-forcing ac-countability,” Trimble said. “I know we’re a club, but showing up to practice every day and look-ing at them as mandatory—instead of optional—builds comradery. Everyone suffers together, everyone succeeds together.”

When weather restricts the team to the fieldhouse, they focus on specific drills to prepare for situations they might experience in games.

One of the new faces is freshman Ethan Olson, who chose to attend CWU so he could play for the lacrosse team.

“I already know a lot of the guys here,” Olson said. “I watched a lot of the games last year and followed them to playoffs. I wanted to be a part of that.”

The lacrosse team plays in Division II of Northern Conference of the Northwest Collegiate Lacrosse League. During the off-season, the league experienced some shifting of teams. One of CWU’s toughest rivals this season will be Montana, who dropped from Division I to Division II this season.

The PNCLL is split into two divisions, the Northern Conference, and the Southern. The Northern Conference is comprised of six teams going into the 2017 season, with the top five moving to playoffs.

Our conference definitely has the stronger teams,” Coach Schmitzus said. “We have to beat four of them and those are the stronger four teams.”

Looking at the big picture, the team agrees that the big goal for the season is to make it to nationals and regain the standing they had nearly a decade ago.

“Western Oregon is definitely one of our teams to look at this season,” Trimble said. “They took us out of the playoff last season.”

The Wildcats begin their season with a three-game road trip, facing three tough opponents: Portland State University, reign-ing PNCLL champ Southern Oregon University and PNCLL Division I; Washington State University.

“Southern [Oregon] will be our real test,” said Trimble. “They’re also a top five team and they won the PNCLL play-off tournament.”

Vertfest grows into weekend long event

By Andrew Kollar

Vertfest has become a full-weekend fundraiser benefiting the Northwest Avalanche Center (NWAC). NWAC is a valuable resource for backcountry enthusiasts to get the latest report on avalanche danger and up-to-date weather warnings.

Vertfest will be split into two days. Day one—clinic day—will be held on Saturday. Clinics are designed to reach a wide range of people, from those experienced in backcountry to those just getting into the scene. Clinics will include steep skiing techniques, companion rescue, backcountry self-rescue, ski photography and an introductory course to ski-mountaineering. Sunday will also include free demos of the latest skis and snowboards from sponsors including Black Diamond and Dynafit, as well as live music at the base area, starting at 3 p.m.

On Sunday, Vertfest will be taking place at Alpental Ski Area on Feb. 19 at 10:00 a.m. Vertfest is not only a weekend full of alpine clinics and instruction, but will also feature a variety of activities to entertain all participants uphill ski touring and snowboards from sponsors including Black Diamond and Dynafit, as well as live music at the base area, starting at 3 p.m.

Participants in the Recreation-Skiing class (people under the weight of 200 lbs.) will race to the top of the Edelweiss chair and ski down double black diamond runs, including International and Snake Dance. The elite class will take a second ascent up International and into the backcountry, then they will ski down from Piss Pass.

“Transitioning between uphill and downhill quickly and efficiently is where you make the difference. It’s a race against the clock,” Bowman said. “It gives you a reason to be elit-est and say you’re better than everyone else.”

2017’s plastic ski and snowboard classes. One
during one of their late night practices. Their season gets underway this weekend.

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CWU swimmers dive into their season

By Diamond Martin
Diamond.martin@cwu.edu

This weekend CWU’s club swim team will be competing at the Lake Washington Masters Invite. Junior distance swimmer, Kylie Dugan, has been on the swim team for three years. She started swimming her freshman year at Lincoln High School in Tacoma, Washington. Dugan thought swimming would be an easy sport, but to her surprise it was the hardest thing she has ever done because she is constantly pushing herself in her training.

Dugan is currently one of the public relations officers for the team. She oversees writing the workouts and helps with the promotions and volunteer work for the team. “I haven’t been able to compete a lot just because I am busy and can’t make much commitment to the team but there are still a lot of volunteer opportunities I can be a part of,” Dugan said.

The team volunteers with the Thorp High School basketball team, as well as where either help is needed on campus. For instance, right now they are helping with a biology study. “Some of us are qualifying and some are getting close to qualifying for nationals which is pretty exciting, and since we don’t have a coach we have to be self-motivated,” Dugan said.

Junior freestyle swimmer Conor Schmidt is an officer on the team. He is excited to start swimming in the upcoming meet at Juanita High School in Kirkland, Washington. Schmidt started swimming his sophomore year at Stanwood High School after not making the basketball team that year, and the season prior he was the manager for the women’s swim team. “I think last year was probably the best year that I had. This year I am a little slower since it is my junior year and I’m starting to get things going with my major and getting through school,” Schmidt said.

He has gone to nationals the last three years. The team has gone to the PNA Championship, which is a meet held at the end of the year where teams go to the aquatic center in Federal Way, Washington.

“We don’t really push too hard, you get what you put out of this sport. You can come in and swim a few laps at practice and have fun with people or take it seriously and get a good workout out of it,” Schmidt said.

His freshman year he took swim club seriously. It wasn’t until after he realized that they don’t have a coach, that he started to see this sport as a fun thing to do and taking it more relaxed. “I wanted to be an officer to show what the club has the potential of being, have some form of leadership to lead the group and overall to get the team to be excited about swim,” Schmidt said.

The CWU swim club will be traveling up to Juanita High School in Kirkland, Washington for their first meet of the season.

CWU competes in GNAC Indoor

By Clayton Huber
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CWU track and field has a lot riding on this weekend, rolling into the GNAC indoor championship.

As the indoor season is coming to a close, CWU athletes are approaching a meet that could be a big opportunity for athletes to qualify for nationals. As of right now three athletes would qualify for nationals, but that is expected to change after this weekend.

The “Top 16 athletes in the nation for indoor is expected to make the national meet in Alabama,” assistant track and field coach Brittany Aanstad said. “Our hope is that our athletes can improve their national marks this weekend putting them in the top 16 in the nation.”

As the season is winding down, the athletes that are close to getting national marks, and the athletes who have already met their marks, are feeling beat up. “At this point we just need to keep our bodies rested and get out mind right for the races. We have trained all year for this and we have to trust our hard work will pay off,” said senior hurdler Tianna Banfro.

Senior McKenna Emmert is ranked 9th for pole-vault and will be going to nationals. Senior Luke Plummer will be going to nationals for long jump.

Some athletes are looking to get that last personal record (PR) in their final meets before the season ends. A lot of athletes have different events that they race in, and in some cases some events might be a little more important as the season comes down to the wire.

“I am a long time overdue for a PR in the hurdles so I am hoping for that,” Banfro said. Some athletes are looking for that extra split second that could send them into nationals and if they don’t succeed they have one more event left after this weekend.

“Mariyah Vongsaveng is only about .1 seconds off from making it to nationals and as little as that may seem its very hard to reach,” Banfro said.

Unfortunately, some athletes are ending their indoor track careers with this meet. “This is my last indoor meet, so it’s a bittersweet feeling heading into conference. I am ready to see my five years of hard work and determination pay off,” senior jumper Juliana Joy said.

While only three Wildcats currently qualify for the nationals indoor championships, many are looking to accomplish that this weekend.