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Central Washington University

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The 2017 women’s basketball team fought hard all season, and after an intense final two games and a stressful weekend of waiting to see how other games would pan out, they’re in the GNAC playoffs. The Wildcats have clinched the number six seed.

“It was a very stressful Thursday night watching the other games after our game,” head coach Jeff Harada said. The team gathered at a restaurant to watch the games and see where they would seed in the playoffs, or even if they would.

Junior guard Jasmin Edwards recalls her nerves waiting for the game between Alaska Fairbanks and Western Washington to unfold.

The five other teams to clinch a spot in the postseason include (in order of seed): Alaska Anchorage, Western Washington, Simon Fraser, Northwest Nazarene and Seattle Pacific.

“It was nice to be a part of a community,” Chapman says. It was hard work, with four-hour rehearsals a day, Monday through Friday, for about eight weeks, but Chapman found it fun and challenging.

“It made me engage myself,” Chapman recalls. It was more than just regurgitating information, he said, like he was having to do in his science classes. After the play ended, Chapman ditched his original goal – to become an orthopedic surgeon – and decided to pursue acting. He switched majors and lost 170 pounds in six months.

His first acting job was a play that was performed many times a week for a long time.

“I hated it,” Chapman said. He could not stand doing one show, dozens of times. So he switched gears and decided to join the grad program after he found out that he was a better writer than actor. He eventually received his Ph.D. in theatre history and criticism.

Wildcat women punch their ticket to playoffs

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The five other teams to clinch a spot in the postseason include (in order of seed): Alaska Anchorage, Western Washington, Simon Fraser, Northwest Nazarene and Seattle Pacific.

“We needed two teams to win [against Alaska Fairbanks] and the two teams won,” Harada said. “It was kind of meant to be.”

The Wildcats went 14-14 on the season with a 9-11 conference record, having won seven of their last ten games including an overtime game against Northwest Nazarene 84-76 at home on Feb. 21.

The game against NNU was also senior Kortney Grattic’s last game at home for the Wildcats, and this weekend could mark the end of her Wildcat basketball career, but she’s not losing hope yet.

“I think that we have a really good chance of getting these wins and getting to the championship,” Grattic said. After the play ended, Chapman ditched his original goal – to become an orthopedic surgeon – and decided to pursue acting. He switched majors and lost 170 pounds in six months.

His first acting job was a play that was performed many times a week for a long time.

“I hated it,” Chapman said. He could not stand doing one show, dozens of times. So he switched gears and decided to join the grad program after he found out that he was a better writer than actor. He eventually received his Ph.D. in theatre history and criticism.

‘And the award goes to...’

Check out Oscar & Grammy reactions online @ cwuobserver.com
Marijuana could be rebranded by the federal government through the Federal Controlled Substance Act. Notably, this will allow for research.

McKenzie Lakey   editor@cwuobserver.com

Pot is up for a possible rescheduling ... sort of

By Jon Olsen-Kozial
News@CWUObserver.com

The Drug Enforcement Agency (DEA) denied this petition based on strong recommendations from the U.S. Food and Drug Administration and the Department of Health and Human Services, The Cannabisist reported.

Their research concluded cannabis was not an effective medicine.

CBD’s new rules under HR 715 read as follows: Excluded "cannabidiol" (CBD) from the definition of "marijuana" and remove it from coverage under the CSA; limit the concentration of delta-9-tetrahydrocannabinol (THC) in CBD to 0.3 percent on a dry weight basis; and deem marijuana grown or processed to make CBD, in accordance with state law, to comply with the THC concentration limit unless the DEA determines state law to be unreasonable.

Giving CBD its own Controlled Substance Control Number allows the DEA to more accurately track its distribution.

This will help distinguish between people growing cannabis for flower or extract production. Exports are turned into products like foods and topicals. CBD is a cannabinoid, like its more common counterpart, THC. It doesn’t have psychoactive properties, so you can’t get high from it, according to Medical Marijuana Inc. CBD is safer than THC because of its lack of psychoactive properties and still offers a wide array of health benefits.

CBD is most commonly harvested from hemp which is legal to own, but illegal to grow in the United States.

The Controlled Substance Act of 1972 bans all forms of cannabis cultivation, so most hemp is imported into the country. Leafly reported.

CBD oil is being used to treat a variety of ailments like inflammation, anxiety, Parkinson’s and epilepsy. Amy Cromer is a master’s program psychology student whose sister has epilepsy. Lana has epilepsy.

Epilepsy is a neurological disorder resulting in convulsions and seizures. Lana is being prescribed Lamictal for her epilepsy, which has damaging side effects like severe energy and memory loss, Cromer said.

Lana could use CBD instead of Lamictal for her epilepsy if CBD was covered under her insurance.

CBD oil is expensive and it isn’t cost effective to buy out of pocket. Cromer hopes HR 715 will open the opportunity to research CBD and marijuana, so insurance companies reconsider their funding for cannabis related drugs.

"It’s an amazing ray of hope," Cromer said.

As journalists it’s almost second nature for us to try to break-down events as we see them. It’s part of the job description. When the situation unfolds we are trained to be calm and vigilant, but also skeptical and critical of the information that it being divulged.

Last year was riddled with officer involved shootings that were not well written criticism and debate—especially in the eyes of the media.

Information was pushed out quickly, and sometimes incorrectly, due to the rapid unfolding and sharing of details. Unfortunately, this can have a detrimental impact on how these events are viewed, which in turn can cause us to point the blame in the wrong direction.

Whether we lay the blame on the citizen involved in the shooting, or the officers, we find ourselves jumping to conclusions without all of the facts. I often find myself guilty of these quick assumptions and conclusions as well.

When it comes to situations such as officer-involved shootings, it always appears that most people believe (or want to believe) that there is a very clear cut distinction between what is right and what is wrong. However, it’s not that simple.

Just last week I had the opportunity to participate in the “Shoot, Don’t Shoot” simulation that was being held by the CWU Police Department. The simulator is a machine that has been on the department’s roster for the past couple of months and is manipulated in real-time to create incredibly realistic scenarios that are used to monitor and train officers.

The simulator will run through multiple cases with everything as simple as a rolling stop violation to more complex situations such as an active-shooter scenario.

The user running through the scenario is even provided with a regulation Glock 9mm that has been converted to hold CO2 cartridges to create a realistic kickback when fired.

When we watch these scenarios play out on television shows or in movies, we often see officers who are capable of shooting a pistol out of their suspect’s hand, or hitting them in the leg. Watching the news we wonder why it’s not possible for the same action to be taken and why an officer can’t stop a threat with minimal force. Typically, we believe that there is a formula that every officer should be able to follow in every situation.

Information is being produced as a faster rate than we have ever seen before, which is an incredible accomplishment and a beneficial tool for journalists.

But as citizens, this is where we need to play a role in order to ensure we step back and evaluate all of the information before we jump to conclusions.

Although I am in no way trying to defend officers and their actions, I believe that it is important to acknowledge the life they live day-in-and-day-out. Each day these men and women place their lives on the line in order to protect us.

By taking the time to understand what each person is going through—whether you’re a police officer, a citizen, or even a student—many mistakes can be made and borders can be improved our connection with the people around us.
Shared leave helps CWU employees

Xander Fu

For Janet Campbell, custom- er service specialist at the CWU Financial Aid office, her diagno-sis of breast cancer in October 2016 took her by surprise. “I’m super healthy. I donated a kidney three years ago because I was so healthy,” Campbell said.

Her discovery has since im-pacted how much time she can physically spend in the office. “I have to have surgery, chemotherapy and then more sur- gery,” Campbell said. “Then radiation and more surgery. Obvi-ously, there’s not enough time off.”

She is being treated at the Se-attle Cancer Care Alliance and stays with her family during her weeks of chemotherapy; both are located on the west side of Washington. She is able to do this because of shared leave.

“SeI spoke with gratitude about the CWU shared leave program that allows coworkers to donate vacation and sick leave hours. “It’s like a godsend not to have to have all of that worry when you have everything else to worry about,” Campbell said. “I have doctor’s appointments, I have my chemo appointments, the pass could be closed.”

On account of snowfall, the pass has been closed seven times since Nov. 30. “There’s all of these other little thi- ngs that you worry about and this is one less thing I have to worry about,” Campbell said. “I still get my paycheck, I still have my insurance. I’m not going to have to pay out of pocket for my health insurance.”

In times of tragedy, the shared leave program allows the benevol-ent and healthy to donate va-cation time, sick leave and per- sonal holidays to those in need.

According to Washington law, public employees may do- nate their accrued leave in cas-es where an “employee suffers from, or has a relative or house- hold member suffering from an illness, injury, impairment, or physical or mental condition which is of an extraordinary or severe nature.”

Stephen Sarchet, human re-sources partner and leave spe-cialist, spoke on the specifics of the program. “Donors must themselves re- main 30 hours of vacation and 176 hours of sick leave. They may, however, give their person-al holiday time in its entirety or just a portion. He spoke positive-ly about the program, calling shared leave a good safety-net.”

“Not only does [serious ill- ness] suck their health and cer-tain things but, pretty fast, can burn up every bit of the leave they have accrued,” Sarchet said.

Alice Fulleton, office manager of Student Financial Services, also shared her experience as a shared leave recipient. “He was diagnosed with four months to live with cancer,” Ful-leton said in reference to her late husband.

This occurred in August of 2008. “Cancer can be a horrible, long, drawn out process of dying,” Fulleton said. “During this time she was un-able to work as many hours as before for self-evident reasons. “I used up all of my vacation and all of my sick leave,” Ful-leton said. “And then my boss-es and Cookie donated some shared leave to me so that I could stay home and take care of my dying husband.”

Cookie Ringe, document manager of financial aid, was a donor for both Campbell and Fulleton. “I just feel that when I donate my time, I know that the person that I give it to would do the same thing for me,” Ringe said.

 her c ensure the important- ness of coordinating stu- dent services and we’re all just making it work.”

Wedin said that there had been any substantial problems yet with Movezilla. He stated that they are concentrating working out any complications in the early phases before the moves take place.

He also said that it is difficult scheduling work with the move- ers because they are also the maintenance workers who re-

\[end_quote]
Mark Auslander was challenged by his students to uncover the story on Ashley’s Sack. Now, the associate professor of anthropology and museum studies research on a rare and exciting story was published in USA Today.

The historical artifact was nationally noticed when it appeared at the National Museum of African American History and Culture, but surprisingly it had no recorded history or provenance.

The only information that the museum had was that the sack was bought at a flea market in 2007 by a woman in Springfield, Tennessee.

Ashley’s Sack is a 150-year-old tan cotton sack with brown, red and green stitching. The artifact mentions three people: Rose, Ashley and Ruth Middleton.

The first five lines are written in brown: “My great-grandmother Rose, mother of Ashley gave her this sack when she was sold at age 9 in South Carolina. It held a tattered dress, 3 handfuls of pecans, a braid of Rose’s hair.

The next line is sewn in red thread: “It be filled with my Love always.” The final line is in green: “Ashley is my grandmother, Ruth Middleton 1921.”

“It reminds us in a personal and visceral way about the horrors of slavery,” Auslander said. “The thought of a little girl who’s name we know and who left an object, that has been passed on for generations, that has the power to move people.”

To uncover the complete story of Ashley’s Sack, Auslander conducted over a year’s worth of research. During this time, he searched through thousands of documents attempting to find information on the Rose, Ashley and Ruth mentioned.

Auslander found that Rose was one of the most common names in the South at that time. However, the name Ashley was not common for the mid-1800s.

He was able to trace back the mother and daughter connection of these women from a wealthy wagon trader named Robert Martin. Martin owned a woman named Rose and lived in Charleston, South Carolina, around the same time the sack was created, Auslander said.

Martin, being a wealthy trader, owned several properties at the time and it appeared that Ashley was moved to another property that was 10 miles south of Augusta, Georgia.

The connection of these two women was confirmed in the South Carolina state archives that listed every slave Robert Martin owned, Auslander said.

The archive was organized family by family and on the seconded page, it listed Rose and Ashley together.

After Auslander discovered a major component of the story behind Ashley’s Sack, he then researched the final name on the sack, which was Ruth Middleton.

He started his research by analyzing the 1920 census, but none of the Ruth Middleton’s who appeared would match the history of Ashley’s Sack.

Auslander realized that Middleton could be a married name.

He quickly went through marriage records and found a Ruth Middleton in Philadelphia.

This Ruth Middleton had the maiden name of Ruth Jones and was born in Columbia, South Carolina.

She was married to Arthur Middleton in 1911 and several weeks later he was drafted for WWI.

Years later, with a young child and divorced from her husband, Ruth made the decision to sew her name on the sack.

Ashley’s Sack appeared at a flea market several decades later because it was said that all of Ruth’s belongings were donated after she passed away.

Auslander believes his research is important for several reasons.

“The whole story indicates the power of family. Everything about slavery ruptured the African American family,” Auslander said. “The strength of holding on to these families, up against all odds, so much so that in 1921 Ruth Middleton herself could take this object that had been passed down.”

Mark Auslander researched this historical artifact for over a year before uncovering its secrets.
Why we should question Trump more than media

By Tim Mitchell

In a recent press conference, President Donald Trump said, “The press has become so dishonest that, if we don’t talk about it, we’re doing a disservice to the American people.”

Trump followed through on his sentiment days later in plotting the “Mainstream Media Accountability Survey” on the national GOP website, asking dangerously limited and often skewed questions about media credibility in the U.S.

Here’s why we should question him back.

Trump’s news is equally, if not more, dishonest.

Trump himself called the entire operation “successful.”

More recently, Press Secretary Sean Spicer claimed Michael Flynn was fired over loyalty concerns, while Trump insisted Flynn quit because he was treated “unfairly.”

Just last week at the Conservative Political Action Conference, White House Chief Strategist Steve Bannon insisted on labeling the media as “the opposition party,” while his former affiliate (and predominantly right-wing) Breitbart News remained unquestioned.

Trump’s dishonesty influenced which major press publications are being held accountable by this survey.

The targets of the survey, Fox News, CNN and MSNBC, have their own biases, but they aren’t alone in their faults.

The Trump Administration’s lack of cohesion is a glaring red flag that our president prefers to point the finger before proposing a solution.

The New York Times suggested that the Corporation for Public Broadcasting, parent funder of the National Public Radio (NPR), may be cut from funding to slim the federal budget.

Since Trump’s survey did not mention non-TV news, NPR got a free pass alongside Breitbart and other far-leaving publications.

What journalistic sins are being glossed over, then? Is the target on television news intentional?

The answer is in the demographic. Trump is tricking his supporters into believing that negative narratives, generated in light of these continuous miscommunications, are proof of a collective media bias against him.

This tactic could utterly convince his supporters that TV news is a big boogeyman that needs to be caged, which could theoretically wall off all Trump supporters from the media in sheer skepticism.

Trump can’t legally block the constitutional rights of news organizations, but he can encourage people to turn off the TV.

I agree with Sen. John McCain on his point on Friday, Feb. 17, at a security conference in Munich: “If ever there were a time to treat this question with a deadly seriousness, it is now.”

Questions like “Do you believe that the media has been far too quick to spread false stories about our movement?” assumes the survey-taker is a part of “our movement.”

This rhetoric does not consider or value opinions from the remainder of the political spectrum.

Furthermore, it categorizes Conservatives in strict social and political boundaries, asking survey-takers to victimize themselves and the GOP party as being the repressed voices of the U.S.:

In declining to attend this year’s White House Correspondent’s Dinner, Trump sets a lowly precedent for young, aspiring journalists and scholarship winners who will be attending the event.

He also neglects to promote news sources he deems credible, which frames all mainstream media as ugly and fake.

Conservatives, liberals and politically-conscious people all over the spectrum should be concerned about the intent of this survey.

The U.S. hasn’t seen a president actively campaigning against mainstream media since the Nixon Administration.

The attempt to do so undermines one of the most important forms of storytelling we have: a constitutionally protected one.

This survey data will not sit on a shelf and gather dust; it may be used to justify the silencing of American voices through a Trump executive order.

I urge you to ask questions, consider the repercussions and write letters to your local newspapers, radio stations and TV stations to voice your concerns.

We can preserve free speech by partaking in the conversation together.
A MISSION TO HELP

By April Porter

A theater lecturer at CWU retired a year earlier than expected and Chapman was hired in her place June 2015. Then last year, he was hired for a tenure-track position that started last fall.

Chapman is already earning a reputation at CWU, as stories of table flipping and script ripping have been floating around the theatre department. But the real stories behind those actions are a lot less harsh once you hear his side of the story.

As for the table-flipping rumor, his special topic class on Shakespeare had just watched a video of “King Lear” and the actor playing Lear flipped a table in the film.

Chapman decided to show the class why this was a poor acting choice. It was unsafe to do so on stage, he says, and if you do flip a table safely, it looks awkward. So Chapman flipped a table to demonstrate.

As for the script Chapman ripped up, he says it wasn’t from a student, but one filled with racism he thought was unacceptable.

Chapman was the first member of his family to attend college. And he says he doesn’t think he would have made it through college if professors hadn’t taken an interest in him.

It’s now his mission to care for the student who is struggling – either as a minority, as a student who’s stressed out, as a student who is unnoticed, or as a first-generation student learning their way around.

He wants to see those students, who are not usually heard, have a voice.

To help reinforce his accessibility, Chapman leaves his door open whenever he is in the office so students feel comfortable coming in.

“He ensures that you are doing okay with everything,” says Notani Weatherly, a first-year graduate student in theatre studies. Weatherly sees Chapman as a mentor because he cares about how she is doing outside of the classroom. She says he can also come across as harsh at times, but that’s because he’s “blunt and honest.”

In his most recent public work at CWU, Chapman has strived to highlight underrepresented voices.

In January, in honor of Dr. Martin Luther King Jr.’s birthday, Chapman brought to the stage “The Mountaintop.” The award-winning play, by Katori Hall, imagines King’s last night in the Lorraine Hotel before he was assassinated the next day in Memphis, but with a surprising twist.

While trying to prepare his speech, he orders a cup of coffee and the maid who delivers it challenges King.

Their ensuing conversation over the course of the evening results in an emotional reflection of his life and a look ahead at America’s future.

To pull it off, Chapman had to rustle together a cast and crew – even the funding – with the task of having to start rehearsals three days after Christmas.

Chapman recruited Nathaniel Addison, a senior performance BFA, to portray King.

“Best production I have ever been in,” Addison says, and it was the first character he’d ever played who was black. “It was dope.”

Just three weeks later, the play was performed to full houses and standing ovations the weekend before the MLK holiday week.

On Tuesday night, Feb. 28, Chapman directed a staged reading of the play “Undocumented” at the Museum of Culture & Environment in Dean Hall, which was part of this year’s College of Arts & Humanities Social Justice & Human Rights Dialogues on immigration.
The play chronicled the journey of a family whose father ends up being deported and shows how they come together to remedy their unfortunate circumstances.

During the Q&A afterward, Chapman said he wanted to emphasize the human element in the immigration issue—something often missing.

Classes as dialogue

Chapman strives to make his classes a conversation with his students, rather than a lecture at them.

In a recent session of his Introduction to Dramaturgy class, Chapman sits in the front of the classroom in red corduroy pants and a gray sweatshirt, asking the students questions.

He talks to them about the new script he wants to read with the class and they agree the script sounds interesting enough for analysis.

Chapman’s assignment: “Read the shit out of the play!” As the students leave Chapman’s classroom, they shout, “Thank you, Matt!”

Chelsey Sheppard, a junior performance BFA, describes the class setting as a collaborative process where she feels as if she has a voice.

“I find his style empowering,” she says. Whenever she needs help with anything, she says, she is comfortable going and talking to Chapman about it.

Life at home

At home Chapman has a gray striped cat, Mr. Beasley. “He is a complete asshole,” Chapman says with a laugh, as he shows the many claw marks on his arm. Mr. Beasley is also known for sticking his paw in any open container of water. “No glass of water is safe,” Chapman says.

He has been married to his wife Stephanie Kelly for about three years and they will have been together for five years this March. Kelly is a nurse and works from 7 p.m. to 7 a.m., three times a week.

Kelly and Chapman met online after Kelly’s sister thought it would be funny to make her a dating profile. Both of them were living in San Diego at the time and they went for a hike on their first date.

“He is a giant teddy bear,” Kelly says.

Chapman comes home tired from work and tells Kelly about how his classes are going. Kelly and Chapman enjoy relaxing and watching Netflix in the evenings. They have plans to travel to countries all over the world together.

Kelly describes Chapman as having a “heart of gold.”

“He is weird, but in a good way,” Kelly chuckles. “He is a really good cook,” Kelly adds as she tells of how he makes her blueberry pancakes in the morning.

“He’s kind of an anomaly.”

MATT CHAPMAN
32 years old
Born in Charleston, South Carolina

- Has a Masters degree in fine arts and dramaturgy, and a Ph.D. in theatre history theory and criticism
- Matt’s cat’s name is Mr. Beasley and “he is a complete asshole,” Chapman says
- Has been married to his wife Stephanie Kelly for three years
The Amazing Race sends students running

By Daisy Perez

The Amazing Race has been an event at CWU students.

According to Gill, The Amazing Race was an event at Ellensburg community.

On March 3, CLCE will host the 2017 Amazing Race from 3 p.m. - 6 p.m., the event will begin in the SURC ballroom.

In pairs, 25 teams will participate in activities both on and off-campus at a variety of pit stops including local businesses.

The rules for the game are as follows: the students are not allowed to use their phone, any outside sources and no transportation is allowed.

They are only given one fast forward, which allows the team to skip that particular pit stop if they get a certain amount of points. Then they go on to the next stop, whichever team gets back to the SURC [Ballroom] first and with the most points wins the prizes,” Gill said.

The first and second place teams win money that goes toward their tuition for spring quarter.

Office assistant at CLCE Jessica Ortega, senior family and consumer science education major, said that the first place team will win $500 and the second place teams will win $250. The money will then be split between the team members.

The rules of the game are:

- The first and second place teams win money that goes toward their tuition for spring quarter.
- Office assistant at CLCE Jessica Ortega, senior family and consumer science education major, said that the first place team will win $500 and the second place teams will win $250. The money will then be split between the team members.
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- The agents that help prevent brittleness in nail polish contains the toxins dibutyl phthalate (DBP) and triphenyl phosphate (TPHP), chemicals that have been found to disrupt the endocrine system.
- The endocrine systems

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

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

Dear Dr. H:

What are the best foods to eat when you are pregnant?

Dear student,

Hm… is this a hypothetical question, like, you have, in fact, never actually passed out after sex, but you worry that you might? Or, is this to say you do, in fact, actually pass out after sex and you’re wondering if that is a problem?

If it’s the former, I’d say that if you are really concerned about passing out after sex, you should tell all of your future partners that if you do pass out, they should call 911.

If this situation isn’t hypothetical and you, actually, passed out after sex, I recommend taking a break from sexual activity—whatever it is that you cause you to pass out—and speak with a doctor about that.

Doctors hear all sorts of things, so make sure you are open, honest and you provide as much detail as you can.

With any strenuous exercise, there is risk that individuals can faint (or “pass out”) as a result of the brain not getting enough oxygen via blood.

Usually it’s nothing serious, a temporary diversion of blood to the brain because blood is going elsewhere.

But if this happens regularly, like every time you have sex, you should speak with someone who can get more into the details of your health history and current health status, which could uncover some reasons why you’re experiencing this. Good luck!

Is painting your nails negatively affecting the strength and longevity of them?

Dear Student,

After diving into the empirical evidence on the health effects of nail polish, I think the strength and longevity of your nails is the least of your worries.

The agents that help prevent brittleness in nail polish contains the toxins dibutyl phthalate (DBP) and triphenyl phosphate (TPHP), chemicals that have been found to disrupt the endocrine system.

Dear Dr. Hoxmeier is a public health professor at CWU. Send anonymous public health and sex-related questions to askdrh@cwuobserver.com and have them answered here.
Two performers tied for the win at Showtime at Central last Saturday, Feb. 25.

20-year-old Darryl Foto captivated the audience with a spoken word, while 19-year-old Ignatius Medani ignited the crowd with a high-energy rap performance.

In his spoken word “Ask Me How to Drown”, Foto described challenges he faced in connection to his African-American identity: Issues of “being profiled in a public space” and the sensation of “feeling suffocated in this dark skin.”

Members of the audience snapped their fingers and cheered in acknowledgement, shouting phrases like “yes” and “thank you.” Foto used symbolism in lines like “I’ll tell you… how we turned shackles into jewelry.”

Born in the United States, Foto spent his high school years in Cameroon, a country in West Africa. The world’s perception of Africa “is really skewed,” Foto said. “It doesn’t need as much help as the media portrays.” Foto, a junior, is studying biomedicine to become a cardiologist.

Foto performs regularly at open mics in the SURC Pit and also travels to Seattle for poetry slams. He won a poetry slam at Brooklyn’s Pizzeria in January. “You have a voice and you need to express it,” Foto said. “If I can let someone else in the crowd understand what I’m trying to say, then I’m happy.”

Both Foto and Mendani took the stage with confidence. Medani was the second-to-last performer of the night. Like Foto, Mendani’s message was about confronting stereotypes. While many rap artists have capitalized on aggressive themes and lyrical content, Mendani believes music is an opportunity to show one’s emotions.

Following Medani’s performance of “July 5th”, celebrity guest host Emmanuel Hudson returned to the stage chanting chorus lines from the song, to which the audience continued applauding.

Mendani records and performs under the moniker “Thistlewhite”. Heavily influenced by the styles of Drake and Future, he is currently writing and producing a mixtape entitled Second Quarter for a tentative release date of April 1.

Mendani, a sophomore marketing major, believes social media is the most effective way to gain exposure. “I’m planning on pushing my name and my brand, just working on my craft,” Medani said.

The name “Thistlewhite” was recommended to Medani by a friend, inspired by the character Ignatius Thistlewhite from the 1974 animated television special “A Year Without Santa Claus.”

Competition aside, Medani cited the spoken word performances by Foto and others as being among his favorites. “Every time [I’ve] tried to write a spoken word, it turned into a rhythmic piece,” Medani said.

From 11 acts, Foto and Medani were determined as winners by crowd response, measured in decibels, when celebrity host Emmanuel Hudson held his hand over each contestant. Foto and Medani split a $100 cash prize.

Seven of the 11 acts were applauded off stage by the audience. Two of the 11 acts were booted off stage by the audience.

Tyesha Johnson, who received audience applause for playing guitar and singing Kodaline’s “All I Want”, was unexpectedly played off stage by the house DJ and did not finish her performance.

Three other contenders for the win were: Wambui (spoken word), Jasmine Washington (interpretative ballet) and Trenton (spoken word).

After the awards, performers and audience members gathered on stage to dance and take photos with Hudson.

The celebration of talents continued as Showtime at Central came to a close.
For anyone who grew up participating in a sport, remembering to have fun can fall by the wayside. Kodiak Landis, junior decathlete for CWU, continually carries his admiration for the sport as he competes in his second season of indoor track.

“I love the aspect that it’s personal,” Landis said. “You only get out of it what you put in, you really get to be the determining factor of your success.”

Landis graduated from Snohomish High School in 2013 and spent a year at Everett Community College (EVCC) before coming to CWU. One of the assistant coaches at EVCC, Norman Warren, ran track at CWU and pushed Landis to explore his options.

“Coach Warren” was really pushing for me to continue and tried to set me up here and I did end up here,” Landis said. “He just asked him about the campus and it seemed that he thought it’d be a good fit.”

Because of the restriction of being indoors in the winter, decathlon—which consists of 10 events—is not a category, instead it’s replaced with the heptathlon events— is not a category, instead decathlon—which consists of 10 events—is replaced with the heptathlon. Landis is currently ranked number one in the conference in the heptathlon with a point total of 5269 that he obtained at the GNAC Indoor Track and Field Championships on Feb. 17 and 18. This score currently places him fifth in Division II as well, putting him in good position to compete at the Division II Track and Field National Championships.

“It keeps the mindset of focusing,” Landis said. “Because the variety of the workouts I do and the events... Like if I had a not so good day at hurdles practice, I’m going go and throw shot put later. It’s always staying fresh and you get to be diverse in what you’re doing and the groups you’re hanging out with.”

Mariyah Vongsaveng is a two-time hurdles champion on the CWU track team. She has been running since her elementary days, and while she played other sports, running has always been her strength.

“She might only be a sophomore, but she is already in the record books. She has the school and GNAC record for the 60 meter hurdles. Vongsaveng did not run the hurdles in middle school and was mainly a sprinter. She attended Federal Way High School where she has a very successful career. “I had to take it in, I was so speechless, I still can’t believe it,” Vongsaveng said.

“Being able to have this opportunity alone is just amazing. Not everybody gets the opportunity, so just being here [and] given a chance is really great.”

Vongsaveng gave credit to those around her.

“My coaches and my teammates push me to like PR all the time,” Vongsaveng said. “Since high school it took me two years to PR. I PR’d here and it just felt really good. Even since then I’ve just been known for going up, so it’s great.”

She had trouble figuring out where to go after high school.

“ ’I was recruiting pretty stressful, a lot of people in high school told me that I could go D-1 and you can go far in life, you can be a division one athlete, and I knew I was capable of that,” Vongsaveng said. “But, it was more than just being a D-1 athlete. It was just being a college athlete all together.”

She enjoys being at CWU for amenities that it provides. “I like Central, it’s perfect for me,” Vongsaveng said. “I want to do well, I want to have a teammate go out and do better than you and you can build off that vibe.”

In addition to the Heptathlon, Landis also competes in pole vault and the 60 meter where he placed sixth and eighth respectively at the GNAC Indoor Track and Field Championships.

“Kodiak is a great guy, he’s fun to work with,” Osley said. “It’s exciting every time [at meets], him and I battle. It was fun this season, it was my first indoor season competing against him, which is a cool experience.”

“What motivates me is just wanting to be better, you should never be satisfied with where you’re at,” Mariyah Vongsaveng, hurdler.

Vongsaveng runs over a hurdle during a competition. She now holds the GNAC record.
By Andrew Kollar

With piles of snow around town it may be hard to imagine that hiking season is just around the corner, but camping permits for the Enchantments are due today (March 2). Camping has become so popular in the area that the U.S Forest Service has had to resort to the lottery system.

“That hike is so amazing. There’s mountain goats that will walk right with you. I mean everyone would want to do that hike,” said avid hiker and University of Washington Student, Brandon Reeves.

The Enchantments are a part of the vast, 100,000 acre Alpine Lakes Wilderness, located in the Central Cascade region and accessed through Leavenworth. Hiking through the Enchantments will bring spectacular views of the Stuart Mountain Range and the polished granite feeding into many Alpine lakes.

But with great hiking comes even greater crowds which is why the U.S Forest Service started the lottery system for the area in 1981 which limits the use and overnight camping. There are far more applications than capacity which means some people will not get the opportunity to camp in the highly desired destination.

“If there were no permits I would be there 3 or 4 times per year, you know and that’s just my idea. There’s people out there with that same notion,” said Reeves. “It’s for the die-hards. There’s less footprints, less trash; It’s a good experience the environment both of us can enjoy.”

The lottery is not perfect, but the U.S Forest Service prides itself on keeping the wilderness areas pristine by determining a healthy amount of foot traffic through sensitive areas. In order to find more information regarding the lottery process or to apply for overnight permits visit www.fs.fed.us.

If I can get the permits, I will go back there every year if I had a chance,” said Reeves.
The CWU men's rugby team headed out to Las Vegas on February 28 for the Las Vegas Invitational. This will be an important tournament for them because of the many games in a short timespan.

Junior scrum-half Simi Ratukalou is excited about this tournament and feels very confident with his team representing CWU in Vegas.

“I wouldn’t want to be on that field with anyone else besides these group of guys,” Ratukalou said.

Ratukalou mentions how he is not nervous about the invitational.

“We have been in this situation a couple times. We will just have to take one day at a time and trust the process,” he said.

He was born and raised in the Fijian Islands where he fostered a passion for rugby, in part because his stepdad was a rugby player.

“After my first rugby game, I fell in love with the sport. Not that is a rough and violent sport, but there is much more to it. It made a man out of me at a very young age and it is such a humbling game,” Ratukalou said.

He is mentally and physical-

“The CWU men’s rugby team breaking after practice ends including junior prop Darren Cooper (blue). The team is currently 5-0. 

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“The next girls are pretty far away for sevens,” Toluta’u said. “But we are up for the challenge. The weather in Ellenburg isn’t on our side right now, so we really must overcome adversity and use our spare time in Vegas to get out on the pitch and getting our structure for sevens,” Tolota’a said.

This tournament will put the team to the test. “I know the brothers [rugby guys] are feeling the same way as me. It’s been awhile since we played sevens so I know our speedsters like Cam Marek and Dominik Lindstrom, and many other boys can’t wait to show off their speed,” Tolota’a said.

“We have been preparing very well even with our current conditions of practicing indoors. We will play one game at a time and treat every game like it’s the cup final,” Ratukalou said.

Much like Ratukalou, his fellow teammate, senior hooker Vili Tolota’a has the same motives and ambition.

Tolota’a has been playing rugby for 12 years. His older brother Samuel played rugby all over, so he figured he would tag along and see why his entire family loved the sport.

Tolota’a is pumped at the same time for this upcoming tournament. “I know the brothers [rugby guys] are feeling the same way as me. It’s been awhile since we played sevens so I know our speedsters like Cam Marek and Dominik Lindstrom, and many other boys can’t wait to show off their speed,” Tolota’a said.

This tournament will put the team to the test. “I am nervous, yet ready to take on the challenges. We haven’t been playing sevens for quite some time now but we are up for the challenge. The weather in Ellenburg isn’t on our side right now, so we really must overcome adversity and use our spare time in Vegas to get out on the pitch and getting our structure for sevens,” Tolota’a said.

The goal for this tournament is to win because it is a qualifier for a nationally televised tournament called the Collegiate Rugby Championship, which would be quite an accomplishment for the team.