Experience historical downtown Ellensburg during Family Weekend

G&T Shave Ice brings Hawaiian flavors to CWU for spring heat

By Daisy Perez
Senior Scene Reporter

Greg Lale smiles as he stands inside his yellow stand. Glass bottles with red, blue, yellow and other colorful liquids that emulate the natural flavors of Hawaii are carefully displayed.

Lale is the business owner of G&T’s Hawaiian Shave Ice. The initials of the business are derived from both his and his son’s names, Tyson.

“My son dared me to do this when he was about 7 years old,” Lale said. “I just opened up this place about three weeks ago.”

“I’ve been doing [Kittitas Farm-er’s Market for a few years now,” said Lane, while wearing his red Hawaiian shirt. “And now I have this spot here,” Lane gestures to his yellow stand on the corner of Walnut St. and University Way.

Lale used to work for a big company in Seattle as a salesman. He earned good money and traveled across the country.

“Glass bottles with red, blue, yellow and other colorful liquids are projected to be educational as well as fun.”

Author says politics of fear can lead to limits on freedom

By Samuel Beaumonte
News Reporter

Last Thursday, May 4, David Altheide, a CWU alumnus and renowned author gave a lecture on immigration, terrorism and the politics of fear.

Altheide focused on his most recent studies about how social and news media operates with entertainment put together with fear used as sensationalized content.

“They really sensationalize crime, they talk about crimes that don’t happen very often, crimes of violence,” Altheide said. “This is repeated so often over the decades people develop a clear idea about fear, about criminals, but most importantly they develop a sense that they need to rely on the state and others to protect them.”

Fear plays a part in how easy it becomes to demonize immigrants.

Examples that Altheide referenced include how they are seen as “others”; that are taking our jobs and thoughts regarding how they don’t belong here.

“The propaganda fear plays into all of this because it leads us to want to attack them, to limit their entry into the country and more importantly is to take strong efforts to control,” Altheide said. “To engage in more surveillance, more punishment and more limitations to freedoms in order to protect us.”

He believed that the general populace is willing to give away their civil liberties because of a pervasive sense that we are in danger, and that we need someone to protect us.

However, Altheide found it encouraging that the majority of the population rejected the propaganda of fear in recent history.

He argued that in order to fight back against it you need to share perspectives, hold media accountable for what they cover and how they cover stories in addition to sharing perspectives.

“It’s not so much that you gotta win the argument, but you have to open up the alternative,” Altheide said. “That’s what comes with media literacy.”

Get high with the spirit in the sky

Despite public opposition, the Interna- tional Church of Cannabis opened in Denver, Colorado. The “Elevationists” group opened the church on April 20, 2017 (aka “4/20”), a pop culture holiday celebrating cannabis.

Petitioner causes stir at Fred Meyer

Fred Meyer has become a place for both petitioners and protesters to gain traction for their ideas in Ellensburg. Tensions boiled over as a petitioner asked for signatures to support I-1322, which would repeal some transgender rights.

The “American Pie” of Shakespeare

CWU Theatre Ensemble hosts their final spring performance at the Cych- ner Museum during family weekend. The show, “Midsummer Night’s Dream”, will premiere off-campus due to its adult themes.

CWU at GNAC championships

Many CWU senior athletes are entering the final meet of the season with hopes of breaking personal records and qualifying for the Division II championship. Read about baseball and track and field inside.
Instead of a patron saint or deity, the International Church of Cannabis praises marijuana without a religious text or scripture.

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‘Elevating’ yourself
Colorado church houses unique group

By Miles King
News Reporter

The International Church of Cannabis opened its doors on April 20, 2017 (also known as “4/20”). Located in Denver, Colorado, the church is a home to a group that call themselves Elevationists.

“Through ritual, guided by spiritual practice, church members use the sacred flower to reveal the best version of self, discover a creative voice and enrich their community with the fruits of that creativity,” stated the group on their website.

The Elevationists are non-denominational and do not follow any religious authoritative structure, divine law or sacred texts.

Myrinda Wolitarsky, a CWU student and an avid church-goer, accepts the group as a legitimate organization citing First Amendment freedoms; however, she did not express interest in joining.

“Some people could take it as mocking of the church,” Wolitarsky said; although, she personally did not take any offense.

Wolitarsky also struggled to grasp the idea that the Elevationists are truly a church, considering the lack of authoritative structure or divine law.

“The definition of church relates back to Christianity,” Wolitarsky said.

With no divine preference, she questioned if the group should be truly called a church, considering their audience wants to see, not what they need to see.

“Does it help different needs for everyone?” Cunningham said.

Some utilize pot for recreational use while others for medical purposes.

For the Elevationists, the purpose is finding the best version of yourself and using it to better the community.

The Elevationists have already received some opposition from residents in the neighborhood citing concern for parking space and the church’s proximity to a nearby playground, according to The Denver Post.

“The church, while complying with Colorado state law, is still being closely monitored by city agencies,” Cunningham said.

Hey Wildcats,
You probably haven’t heard about the 870 alleged pedophiles who were arrested last week, nor the Florida man who was sentenced to 30 years for creating the website they were all using.

My first reaction was something like, “Darn, only 30 years.”

Then I noticed how little coverage this has gotten.

This is a really heavy story and on the surface it’s sad that this is sounding within human capability. But it’s great that these people were busted. The FBI arrested hundreds of pedophiles and a vile website was shut down.

This week, I want to take a look at why this isn’t bigger news, talk about how we (journalists) determine newsworthiness and how our philosophy causes some shortcomings in how mass media journalism operates.

To be clear, this isn’t about the evil men who will pay for their crimes, it’s about the media’s role in determining what we see.

Be cheap and be popular

Miller illustrates where U.S. network and cable news outlets focused their coverage in February 2007. They covered international news only 21 percent of the time and most of that coverage was Iraq.

The reality is that covering domestic news is much cheaper. You can see that on The Washington Post website a map of all of their front-page respondents.

There is a cluster in the Middle-East, a few sprinkled about Europe and Asia and then only two covering the entire continent of Africa and one covering South America.

Resources are so tight and thin and news outlets have to make tough decisions in order to keep themselves afloat. They try to decide what their audience wants to see, not what they need to see.

This is a problem with how we measure newsworthiness. I think the biggest problem factor with newsworthiness is proximity and how close-to-home the story is. You can see this in the Paris terror attacks of 2015. That was one of the biggest stories at the time and numerous countries stood in solidarity with France.

It was a wonderful show of global support, but most people didn’t give two shits about the suicide bombings that killed dozens in Baghdad and Beirut a few days prior to the Paris attacks.

This is where proximity causes problems. Most, if not all, people will sympathize more with people who are geographically closer or culturally similar.

Most Americans won’t recall the suicide bombings in Iraq and Lebanon, but the Paris attacks will find more reactions.

One dead vs 1 million dead
It makes sense to think that maybe the Paris attacks were covered more because more people were harmed, but the reality is counterintuitive.

A single death is a tragedy; a million deaths is a statistic. This statement (often attributed to Joseph P. Noonan) is pretty accurate when it comes to human sympathies.

The more vicinities there are to help, the less likely people are to care. We can’t emotionally process thousands of people dying, which is why we don’t pay as much attention to the human trafficking problem in the region.

When I say relentless reporting I mean relentless. He didn’t write what his readers wanted to see, he wrote what they needed to see.

Readers may get numb to the constant death or the arrest of pedophiles, but I think some stories are worth reporting every day despite what readers and viewers want to see.

The moment we value profits and ratings over reporting the news, is the moment we lose journalism itself.

So don’t get numb, Wildcats. I’ll see you next week.

-Kaïlan Manandic, EIC

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Lemur expert speaking on primate care

By Eric Rosane
News Reporter

Good company and the ability to travel are all valued benefits that someone would consider when choosing a career. To Dr. Lisa Gould, these benefits seem miniscule when she considers the impact of her job. Even when her coworkers are swing- ing in the trees.

Lisa Gould, anthropology professor at University of Victoria, will be giving a talk to the CWU community this Friday, May 12. A 26-year veteran in the field of lemur conservation and ecology, Gould has become a significant researcher in the development of the most endangered lemur species. She has been known to work with them and hopes to inform the outside world about lemurs, their behavior, ecology, and conservation.

Throughout her decades of experience, Gould has worked on a variety of conservation efforts that have focused on many different aspects pertaining to lemurs. From feeding and nutrition, to behaviors and environmental adaptations, Gould’s research has delved into the development and understanding of these animals.

Unfortunately, not every aspect of her job is easy as it sounds. Having worked extensively with colleagues around the world, Gould’s mission and goals still center around one common thematic center: keeping the few number of lemurs’ social structure and reproduction habitat attainable so that new generations can bring new studies and scientific findings.

Unlike many preconceived notions about lemurs, they are an extremely threatened species. Illegal hunting, deforestation, habitat destruction and inaccessibility to necessary dietary composition threaten the livelihood of the hundred different species of lemurs still living today.

“People think that ring-tailed lemurs are widespread and plentiful in the wild, because they appear in popular culture so often (movies, documentaries, advertisements),” Gould said. “They are often in zoos and wildlife parks, because they do very well in captivity.”

Gould continues to develop her research throughout her field and will be giving a talk based around her 2013 study of small lemur fragmented communities and how the different ecological variables contribute to the persistence or destruction of these small fragments.

Primate Care Certificate

CWU will also be graduating their first class of students receiving the new Captive Primate Care certificate at this spring commencement.

The new certificate is the first of its kind in the country which enables students to become experienced in chimpanzee ecology and behavior, while also diving into methods that would be beneficial to someone who is aiming for a career surrounding chimpanzee sanctuaries.

Lori Sheeran, anthropology professor and director of primate behavior and ecology program, has been waiting in anticipation for the development of such a certificate and is extremely excited at the fruition of the new certificate and the student’s who will be receiving it.

This development of certificates is just one of the many plans that the CWU Anthropology department has for diversifying and growing their already nationally renowned program.

“She was one of the few who just got hired at a sanctuary in Africa. So it could potentially expand to other sanctuaries too. Again, we hope that that’s the case—that we become the place that provides these skilled caregivers,” Sheeran said.

The new certificate may just be the starting point of a major local shift in departments looking to diversify their undergraduate opportunities for students, who are in need of protection and simplification of the advising for these certificates, certificates could have the potential to become a significant source of reference for future students.

“I think that you’ll see more and more certificates, especially where they can be designed to not interrupt the flow of your major work,” Sheeran said.

Petitioner and protesters clash at Fred Meyer

By Racquel Rollins
Senior News Reporter

Anyone who went to Fred Meyer early last week likely saw petition signatures being gathered for Initiative 1522, as well as people peacefully protesting the petition gathering.

A man, Larry Bradshaw, according to the Daily Record, was gathering signatures for Initiative 1522, which would essentially repeal the 2015 Bathroom Bill. The signatures were to get the petition onto the next ballot.

Several members of Kittitas County’s Safety and Access For Everyone (SAFE) Alliance de- cided to peacefully protest the incident with signs that read messages such as, “I choose love over hate,” Washington State does not discriminate.”

SAFE Alliance is a statewide coalition which aims to defend anti-discrimination laws, especially those having to do with transgender rights.

Bradshaw was displeased with this and called the cops.

The cops showed up and told him that they had the same right to protest as he did to get his petition signed, said Maddie Cris- man, a protester and CWU spe- cial education major.

Lemurs are among the most protected and endangered primate species in the world due to their exclusivity to Madagascar.

Later that day Crisman went back to Fred Meyer where encouraging words were exchanged with various community members looking to do their shopping. Bradshaw hurled insults at her and threatened to have her arrested, Crisman said. “He slammed his clipboard on the ground, flicked a cigarette at me and threw his pen at me,” Crisman said.

The pen hit her in the face according to Crisman, so she proceeded to file a police report. However, this was not the worst thing he did, Crisman claimed. “The thing that angered me the most was when he called this community ‘bottom of the bar- rel,’ Crisman said. “The best part of it all was the community members that would come over and hug me and shake my hand and tell me what I was doing was right.”

She wasn’t the only one who had bad words with Bradshaw that day. Devin Beach, member of Kittitas County’s SAFE Alli- ance, also spoke with him. She let him know that she was for transgender rights. “He was pretty aggressive,” Beach said.

In regards to the incident with Crisman, while it was a sad occurrence, Beach is hopeful.

“Something good can come out of it,” Beach said.

Chuck Reasons, law and justice professor, verified that there was not much Fred Meyer can do.

“There is little that they can do if he is being lawful,” Reasons said. “It’s unfortunate because [the petition] promotes hate and fear.”

While they are a private entity, they are open to the public, so as long as neither the petition gatherer nor the protesters are impeding the flow of traffic, Fred Meyer cannot really do much.

Reasons also points out that it was both the protesters and Bradshaw’s First Amendment right to act as they did.
Laughter filled the SURC lawn as people were seen swinging at each other with foam swords. After a few weeks of not meeting, Sacred Winds, the unofficial boffering club here on campus, is happy to be outside again after they were told they could not meet up due to safety issues.

“We would like to be an official club,” said Omar Freemire, senior aviation management major and president of Sacred Winds. This is proving to be more difficult than he anticipated.

The way Freemire sees it, the ball is in the Associated Students of CWU’s court. Alex Horning, vice president of clubs and organizations at CWU, said the club would have to go through some steps to be recognized as an official club.

“They need to fill out an online form, which includes contact information, description of the club and a faculty advisor needs to sign off [in support],” Horning said.

The next step would be to fill out a liability form, which can be found online and turned into the ASCWU office.

Horning has looked through all the liability forms online and Sacred Winds has not turned one in yet.

“They need to meet the insurance requirements,” Horning said. “We used to have a kickboxing club on campus but since it was direct combat they couldn’t meet because of insurance reasons,” Horning said.

There are other ways that Sacred Winds could meet up. “They could become an interest group,” which would grant them recognition without becoming a club, Horning said. The club could come in to talk about boffering to students, removing any liability CWU would have over their actions and possible injuries.

Another way they could meet is to go through the Recreation Center because they require separate forms to fill out. “They could become a club team and participate like that,” Horning said.

Since they are not a recognized club, they can still meet up, they are just not under the school’s insurance.

Freemire was unaware of the cut-off date to apply and become a club for this quarter, but is extremely interested in having Sacred Winds be a club by next fall.

Sacred Winds could be interested in becoming an interest group — meaning that a group of students can meet and talk about something that interests them — Freemire said that he would be interested because at least students would be meeting up to talk about boffering. Hopefully the club will be recognized by next fall, Freemire said.

Being recognized as a club would be important because we could get the funds to purchase the proper equipment, Freemire said.

As far as Sacred Winds becoming a club sport, Freemire said it would be “cool to be the first boffering club to be a sport here at CWU.”
New bill may impose vape new tax

On March 15, 2017, HB 2165 was introduced to the Washington State Legislature. This bill is about the taxation of vapor products, e-cigarettes and nicotine products. As someone who vapes, I took interest in this bill and believe that others should too.

HB 2165 proposes to impose a 60 percent wholesale tax on all vapor products. This includes: e-juice, devices, batteries, cotton and other vape related products. This would raise the cost of vapor products, for the consumers, by 120 percent. That would mean that a standard 30 ml bottle of e-juice would jump from $25 to over $50 after sales tax.

The supporters of HB 2165 claim that this tax is necessary to prevent young people from smoking, in addition to protecting public health.

The bill states that in 2016, 16 percent of high school students used vapor products or smoked cigarettes.

The bill that states that in 2016, 16 percent of high school students used vapor products or smoked cigarettes.

Raising the tax on vapor products will not prevent teens from smoking.

If anything, raising taxes on vapor products will deter people from vaping and turn them back to smoking cigarettes.

Supporters also believe that this bill should pass because vapor products contain nicotine, therefore they should be considered a tobacco product and be taxed along with cigarettes and other forms of tobacco.

HB 2165 will impose a tax on all vaping, e-cigarette and nicotine products, including the batteries and other mods pictured above.

HB 2165 will impose a tax on all vaping, e-cigarette and nicotine products, including the batteries and other mods pictured above.

People should oppose this bill because it would not only destroy small businesses in Washington, but it would also almost force adults, who wish to be tobacco free, to be left with cigarettes as a more affordable option.

Opposing this bill isn’t just about being able to blow big clouds, doing vape tricks or even enjoying the variety of e-juice flavors.

People should oppose this bill because it would not only destroy lots of small businesses in Washington, but it would also almost force adults, who wish to be tobacco free, to be left with cigarettes as a more affordable option.

Luckily, there is still a chance to stop HB 2165 from becoming law. You can call 1-(800)-562-6000 to tell Washington State Legislatures that you are against HB 2165.

I encourage everyone, whether you vape or not, to call and oppose this bill. It takes less than a minute and every call counts.

HB 2165 would end vaping in Washington State and I do not want the government restricting what adults choose to do.
“Shave Ice” from page 1

“My wife divorced me when Tyson was 4 [years old] and they left to Montana... I have Tyson every summer and every other Christmas,” Lale said. Although, I didn’t get him this last Christmas because of all the snow.”

Before opening his stand, Lale took a year to find the best and most natural flavors that he could. He ordered them online and made his own shaved ice cones at home.

Eventually, he found that using the natural flavors from Hawaii worked the best.

Lale carries a variety of flavors like blueberry, pink lemonade, tiger’s blood and orange, among other 14 flavors. Customers are able to mix and match up to three different flavors.

He also carries sugar-free flavors for customers. All shaved ice costs $3.

Bailee Rogers, a senior majoring in elementary education, has worked with Greg for about a month.

Rogers went to the shop to get a snowcone when she asked Lale about a summer job.

“I wanted a summer job [in Ellensburg] since I’ll be graduating at the end of the quarter to start teaching in Quincy,” Rogers said.

Rogers is one of two employees who works for Lale. She said that her first impression of Greg was that he was an outgoing and happy guy.

“[Lale] cares about the business and he’s so awesome... he makes everyone that stops by feel welcomed,” Rogers said with a big smile.

“You know, it isn’t about the money for me,” Lale said. “It’s about making people smile.”

G&T’s Hawaiian Shave Ice will be at the Kittitas County Farmers Market every Saturday from 9 a.m. to 1 p.m. if he is not too busy with his stand.

His regular stand is open from 11 a.m. to 6 p.m.
Downtown Tour

“Downtown Tours” from page 1

CWU teamed up with the Kittitas County Historical Museum and the Ellensburg Downtown Association to provide the tours.

Alexis Everett, a junior public health major, works for Campus Activities and helped organize many of the events that will happen throughout the weekend.

“We’ve always done tours of Ellensburg for parents weekend, it’s kind of a traditional part of it at this point,” Everett said.

There is only one man who will be giving the tours, longtime resident David Wheeler.

Wheeler has lived in Ellensburg for a total of 40 years and his knowledge about the town is one of the best. Wheeler first came to Ellensburg as a student at CWU in 1970. He had already received a degree in history from Oregon State University (OSU) and went back to get one in landscape architecture.

When Wheeler first came to Ellensburg, he said he felt a strong connection to the place. When Wheeler first came to Ellensburg, he said he felt a strong connection to the place.

“It felt like people in the community had adopted me. Not people in the school specifically but the community as a whole.”

He left CWU to go back to OSU, but came back because a former teacher of his had called him and asked him if he’d be interested in coming back to pursue his master’s degree. Wheeler was interested and has lived in Ellensburg since then.

“I’m probably about less than 10 credits away from graduating with a master’s degree in history,” Wheeler said.

His actual research into the history of Ellensburg began when he started his master’s program. “My first tours were more-so just to get word out that I was looking for any new information that people could share with me,” Wheeler said.

Wheeler has come a long way since then. He’s gathered enough information to give tours just for the fun of it.

The focus of his tours will vary depending on who is listening. Different organizations in the community hire him, so that will usually determine what topics he covers.

Regardless of the topic, Wheeler has a huge wealth of knowledge on Ellensburg and is enthusiastic to share it.

“When I first moved here, everyone would share their experiences and stories and as they have aged,” Wheeler said. “I’ve taken it upon myself to continue passing down what they taught me.”

For example, he knows the original names of all the tall brick buildings on Pearl Street, who built them, what businesses were there before, and he knows social the and political reasons for them being built. Most of the buildings are filled with the local businesses that Wheeler considers to be the backbone of the community. All the buildings were built over a hundred years ago so that the people of Ellensburg could have an active economy.

Wheeler is a fixture in the community. The research and preservation he’s done will be referenced in local history for years to come.

He often will volunteer to share his knowledge and decline payment because he is so passionate about Ellensburg.

Wheeler is adamant that Ellensburg can improve as a community. He looks to the town’s unique nature as a prime opportunity to make a great place to live for people looking to settle down, and the college students.

“With the combination of people we have here, we can really come together and make a thriving place for all types.”

He feels that for Ellensburg to thrive, it is important for people that live in city to know some of its history.

“I loved this place from the very beginning because of how involved the community made me.”

Wheeler’s knowledge on the town’s history goes as far back to 1883 when it Ellensburg was incorporated.

Downtown Ellensburg as it was originally known was burned down in 1889; the fire was believed to be caused by fireworks and strong wind since it was July 4.

After the fire, there was rapid development done to rebuild the community. Most of the brick buildings on Pearl Street that are now known as downtown were built in 90 days.

“It’s incredible to me that in less than three months after disaster, the town could come together and make something that would last so long,” Wheeler said.

One of the main financial backers of the Ellensburg rebuild was John Shoudy. Wheeler often emphasizes Shoudy’s importance.

“He basically advertised the town to attract potential builders and landowners. He would take out full ads in the newspapers in San Francisco in Seattle,” Wheeler said.

Shoudy’s attempts eventually paid off. He convinced railroads to run through, essentially signaling that Ellensburg was going to be a permanent community.

The state even considered making Ellensburg the state capitol. Throughout the years, Wheeler said that Ellensburg has had its ups and downs. But he thinks that in the future, the town will continue to grow and flourish.

He looks to the history of Ellensburg as proof that there is potential in it to grow and be a shining example of success compared to all other cities.

Wheeler believes that the tours can be mutually beneficial for both students and their families. Parents can become more comfortable with their kids’ living situation and students can learn more about the community they live in.
Charles Harding, Mira Cummings, Nathan Butschli and Jayde Kettner watch a current battle at a Pokémon club meeting.

“Catch them all”

Pokémon Club members become the very best

By Miranda Cunningham
Scene Reporter

Friendship is the foundation of the Pokémon world: the theme song carries lyrics like “Pokémon, you’re my best friend in a world we must defend,” and when Ash joins the Pokémon world he finds where he truly belongs—with his friends and his Pokémon.

The Central Pokémon League creates that idea of friendship in real life.

Charles Harding,‘23, a CWU alumni who graduated with a degree in professional and creative writing, found where he belonged when he created the Central Pokémon League in 2015 when he was a freshman. He thought of the club when he was at dinner with friends and his Pokémon.

“We were all just talking about Pokémon,” Harding said. “And I made some comment like, ‘You know it would be cool if there was a club on campus where we could fight gym leaders like in the games,’ and there was just silence and I was like, ‘What?! That I could make that club.’”

The next day, Harding said he posted on the Gamers Enjoying Each Other’s Company (GEEC) Facebook page, another club on campus, to see if anyone would be interested.

There was a positive enough response to begin the club. They had their first official meeting a week after, but the Central Pokémon League didn’t become an official campus-recognized club until last quarter.

To Harding, this club was more than just a club where people come to play Pokémon, it was the foundation for a place to come and make friends.

“The most rewarding aspect was building a group of friends that were not only my friends, but they all liked each other,” Harding explained. “I had members of the group say that they wouldn’t have made the friends they made if it weren’t for the group.”

Overall, Harding said he wished he had a club to join when he first started school. He wanted to create a place for others to play Pokémon and make friends.

“I don’t really know how to find friends, and clubs are always a great way of automatically having a conversation piece because you all have the same interest,” Harding said.

After Harding graduated this last winter, he passed on his presidential duties to Nathan Butschli, a senior computer science major.

“When I first joined I was a freshman… I was trying to find groups to sort of befriend,” Butschli explained, “One of my friends said there was a Pokémon club at school so I went with him… I showed up every week and started meeting people and participating in all the events until eventually last year Charles said, ‘Do you want to become president you’re the best fit for it.’”

Butschli agreed that the club is about more than just playing the game. It’s also about the connections you make with those in the club with you. As president, Butschli tries to keep the environment positive and friendly.

“There are students from all walks of life that are coming your way. You have the opportunity to move beyond that job and get one that actually affords you the opportunity of paying back your loans. If you’re not in a position to quit your job or ask your parents/family for more financial help, you need to focus on managing your time to be more efficient.

Talk to your advisors about course planning and be honest about your work commitments. Can you sequence your classes so you’re not taking all the intense ones at the same time? Can you take a lighter load or incorporate an online class to build in some flexibility?

You may not be in a position to “get rid” of the financial stressors because they are beyond your control, but you may be able to make some adjustments to make the stress more manageable.

A “Balanced” Life

Life can be very stressful when you’re in school because many things feel outside of your control. Maybe you feel like you’re sacrificing “fun.”

People expect that a balanced life has equal parts work and play every day. I don’t know anyone’s life that looks like that. There’s going to be times when it seems like all you do is work. What keeps you balanced is the 20-minute walk around your neighborhood with your roommate to chat about the hard stuff, joke around and remind yourself that good times are coming your way.

I’m not telling you to drop your social life to focus on work and school, but perhaps we need to manage our expectations. College is a particularly stressful time in one’s life where work isn’t confined to a 9-5 Monday through Friday schedule.

Work vs. School

Other considerations: Are you more invested in your job and would rather spend time there than at school?

Can you reduce school you part-time, or dare I mention, take some time off? A lot of people end up in college because that’s what they’re “supposed” to do.

While we want you here, we also hate to see you suffer when you’re not even sure about college. Your professors have been in your position. We were students just like you, once.

Try reaching out about your struggles to a professor you like and trust. If you’re committed to making it work in school, we want to help. We can’t help if we don’t know what’s going on.

We may not be able to change your circumstances, but we may have some helpful insight to impart.

The bottom line is that we do give care about your success and if you are as well, we should be able to form a united front on tackling some academick-related challenges.

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.
‘Midsummer Night’s Dream’ at CWU

By Susie Chavez
Scene Reporter

A night filled with audience interaction, dim lights, audience interaction, scandalous outfits and a smaller venue. “A Midsummer Night’s Dream” is something that’s a bit different compared to past productions put on by the CWU theatre department.

This Friday, May 12, the CWU Theatre ensemble will open the comedy written by William Shakespeare.

The comedy follows the adventures of four young Athenian lovers and a group of six amateur actors who are controlled by fairies. This comedy is thought of as the ‘American Pie’ of that time period because of the silly crude jokes, according to the director, Matthias Chapman.

“Midsummer Night’s Dream” is about teenage love, sexual exploration, body positivity and the freedom to express yourself sexually, said junior theatre performance major, said Noah Dominick.

“I was thinking of taking my mom for Mother’s Day,” but as a whole, the actors, cast directors and team decided that it would be better to hold the production off site because the cast all had the same vision of how they wanted the performance to go.

“We are having intimate physicality between one another, expression of sexual freedom, respect of all different bodies on stage, simulated sex on stage,” said Jeryn Brooks-Durtka, a junior studying theatre performance. “The show is very explicit on sexual consent as well.”

The space is beautiful and carries with it ghosts of celebration past. The curiosity the venue holds, is in itself riveting, as it has not been utilized for many many years,” said Jami-Lynn Tate, executive director of the Clymer Museum and Gallery.

“Sharing the space with the team from CWU and now the public for an amazing production specifi es that this is for mature audiences only. People know what they are coming to see a silly college comedy.”

Concerns about the content of the comedy surfaced earlier this past week, especially because opening night falls during family weekend and the show was rumored to have some kink and nudity.

“I was thinking of taking my mom for Mother’s Day, but after hearing that there is going to be nudity, I don’t even know if I want to take her,” said junior elementary education student Anna Kesner.

However, Dominick clarified that the rumors surfacing at CWU are false.

“People know what they are and are not comfortable with this, therefore that is why parental guidance is suggested for those under the age of 17,” Brooks-Durtka said.

The performance is very explicit on sexual consent as well. On the promotional posters and College of Arts and Humanities pamphlets, the department specifi es that this is for mature audiences only.

“I want to take her,” said junior studying theater performance major, Anna Kesner.

Concerns about the content of the comedy surfaced earlier this past week, especially because opening night falls during family weekend and the show was rumored to have some kink and nudity.

“If you like ‘Neighbors’, ‘American Pie’, ‘Animal House’ or wiener jokes—or just simply want to have a good laugh—I encourage people to come see a silly college comedy.” -Noah Dominick, junior theatre performance major

If you like ‘Neighbors’, ‘American Pie’, ‘Animal House’ or wiener jokes—or just simply want to have a good laugh—I encourage people to come see a silly college comedy.

-Noah Dominick, junior theatre performance major

Ticket Prices:

$8 CWU Students w/ID
Seniors/ $10 Under 18/
General Admission/ $12

Performances
May 12, 13, 18,
19 & 20, 7:30 p.m.
May 14 & 21, 2 p.m.

Where:
Second Floor of the Clymer Museum

NOTE

There are some situations that patrons may consider offensive, therefore this comedy is for mature audiences only.
Track and Field team head to GNACs

By Simo Rul
Sports Reporter

The CWU track and field team is gearing up for the GNAC championships on Friday, May 12, and Saturday, May 13. The Wildcats will head to Monmouth, Oregon, looking to qualify for the national championships.

Senior thrower Armando Tafoya has hit the NCAA provisional in the hammer and discus throws.

His best throw in the hammer was 58.91-meters on April 29 at WWU where he got first place. His best throw in the discus was 54.10-meters on May 5 at the last home meet where he finished in fourth overall.

“I’m feeling good, feeling refreshed [and] ready for a big GNAC meet,” Tafoya said.

His mindset going into these is clear, and that is to throw as far as he can and prepare for the next one, Tafoya said.

“I’m hoping [for] some personal records (PR) to improve my national ranking, and [go] to nationals,” Tafoya said.

Tafoya said, he hopes to better his provisional marks in the discus and hammer throws because he is a few inches away from making it to nationals.

Hammer throw is Tafoya’s strongest event, but he said he would be happy going to nationals for both the hammer throw and discus.

Sophomore distance runner Alexa Shindruk hit the NCAA provisional by 0.03 seconds finishing with a time of 17:21.35 in the 5,000-meter run.

“I’m excited for GNACs,” Shindruk said. “We’ve been training hard for the last few months, so it’s exciting to be able to taper down, and hopefully perform well.”

Shindruk said she hopes her training pays off.

“Just going [to] know what I’ve been doing in practice, and know that I’ve been preparing for it,” Shindruk said. “Just believe that I can run what I’m hoping for, and get a PR.”

Competing in multiple events at the NCAA national championships meet is something that is still in play for Shindruk.

“I mean, yeah that’d be great. I don’t know the specifics of times for the 5,000,” Shindruk said.

Automatic qualification for nationals in the 5,000-meter run is 16:25.35. For Shindruk to qualify automatically she would need to be about 56 seconds faster. She hit the provisional by 0.3 seconds.

Sophomore hurdler Mariyah Vongsaveng has hit the provisional in the 100-meter hurdles. Her best time of the season in the 100-meter hurdles is 14.09 set on May 5, which was the last home meet.

“I’m ready [for GNAC’s], this outdoor season has been really hard for me,” Vongsaveng said. “It’s hard to come off a good indoor season, and just not see the results you want outdoors.”

Vongsaveng has been competing in indoor and outdoor competitions for the previous 6 months.

“I think it’s just, my body’s just hit its point where it’s tired,” Vongsaveng said. “I just gotta learn how to push through and fight through for the rest of the season.”

Some of Vongsaveng’s goals are that she wants to win GNAC’s as a team, she wants to help the team as a whole reach their goals. Vongsaveng said she has a goal to improve her provisional, be top 20 in the nation and get to nationals.
CWU eyes the GNAC title this weekend

By Sabrina Wheelhouse
Sports Reporter

Desi Storey, head coach of CWU’s baseball team, has led the Wildcats to another successful season and landed a spot in the GNAC.

“It has been a good season overall. Obviously we have high expectations every year, but the guys have played well despite losing games we shouldn’t have, and they are constantly competing daily,” Storey said.

The CWU baseball team ended its regular season with a 23-17 conference record and an overall record of 29-21, which puts them at second in the GNAC behind Western Oregon University (WOU).

“I think this group has learned to keep competing until the very last out, because we don’t always play our best at the beginning but we always come out fighting in the end,” Storey said.

Going into the tournament, the team is hoping to eliminate the things that held them back in previous games and to have a focus of starting out strong and keeping that momentum until the very end.

“We are expecting to do the things as well and better as we have all season, like good pitching and a solid offense performance and to do the things we are capable of to win,” Storey said.

The Wildcats had a good season on the mound and at the plate. Strong pitching efforts from senior Jake Levin and junior Mackenzie Gaul have season earned run averages of 2.97 and 3.03, combining for a total of 104 strikeouts.

“I think we’ve improved quite a bit this season. We’ve had young guys step up and play big roles for us, they’ve come out strong out of the bullpen when we need them to and we will need that for the playoffs,” Gaul said.

The top hitters for the Wildcats include Dylan Freyre, Rory Graf-Brennen and Levin, who have hitting percentages of .379, .336, and .328 respectively.

Leading the team in homeruns is Levin with a total of seven.

“I feel like our regular season ended pretty strong, but we’ve always had to battle and fight for a comeback so we have that last little spark at the end of each game. We need to carry that spark over to the playoffs in order to come out on top,” senior utility player Kyle Stahl said.

WOU holds the top seed of the GNAC tournament and is led by junior infielder Jay Leverett. He currently holds a .322 batting average and a .988 fielding average which earned him Player of the Week for March 27.

“I’m confident in playing these teams again because it’s nothing we haven’t seen before. We’ve been able to hit, pitch and play defense so it will be a good fight and there’s nothing to be afraid of,” Stahl said.

The Wildcats first tournament game is scheduled for May 11, in Portland, Oregon.

“IT’s going to be whoever is hot, every team will bring their best stuff and be focused because it’s playoffs and not regular season, it really is the next level,” Gaul said.
How to eat right for CWU Athletes

By Mitchell Johnson
Sports Editor

During one of CWU athletics nutritionist Kelly Pritchett’s group talks, one rugby player took her advice to heart.

“He started really getting after his nutrition making healthier choices and ended up losing 10 or 15 pounds that he needed to lose over the course of a year,” Pritchett said.

According to the sports directories of all the GNAC schools, CWU is the only one to have a sports nutritionist a part of their staff, and the staff is still growing.

“I got athletics to buy in,” Pritchett said. “If you look across the country, most D-I programs have one full-time sports dietitian if not three in some cases.”

The new graduate assistant

This year, Katy Figel became the first-ever graduate assistant for CWU Athletics, a 20 hour a week job.

Some of her duties include counseling athletes 1-on-1, consulting athletes if they need to gain, lose or remain at the same weight and working with the strength and conditioning trainers.

“It was difficult to balance [athletes’ nutrition] with the teaching and research load,” Pritchett said. “Now I’m fortunate to have Katy, we can work together, bounce ideas back-and-forth.”

Figel tries to put on talks that athletes can sit in on. The last group talk was on carbohydrates, while past topics have been about protein and supplements.

“We hope for everyone to buy-in,” Pritchett said.

Athlete diets

There is no team-specific diet, all plans are individualized, depending on the athlete, while also depending on if the athlete is in season or the offseason.

Another factor that can contribute to dieting is where the athlete lives. Many of the freshman and sophomores live on campus, while there are others that live on their own outside of campus.

“If they’re having a majority of their meals in the SRC, then we have to work around that, verses if they’re at home in the apartment maybe we can work with different food,” Figel said.

Pritchett and Figel agree that they cannot make any drastic changes in an athlete’s diet right away.

“It might not necessarily be a huge change or complete 180 to their diet,” Figel said. “In fact, usually I recommend to athletes we don’t want too many things at once because we are creatures of habit, we’re probably going back to what we were doing in a couple of weeks if it’s too drastic.”

Every good workout comes with a reward in the end, no matter if it is results or a yummy snack.

“One thing we tell our athletes is your workout is not over until you’ve had your post recovery snack,” Figel said.

Since Pritchett has been at CWU, the volleyball team has been the longest team she has consulted. They also work closely with cross country, rugby, soccer, women’s basketball and softball.

“The long-term goal is to have the athletes leave with knowledge regarding a healthy lifestyle. It’s the sports where if I’m lighter, I’m going to run faster or jump higher,” Pritchett said.

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This is a series of related or interrelated issues. This could be an eating disorder, lack of menstruation or osteoporosis. These athletes are a top priority for Pritchett and Figel.

Some of the sports where this happens is in cross country, women’s basketball, volleyball, track and field.

“It’s the sports where if I’m lighter, I’m going to run faster or jump higher,” Pritchett said.