Scene

Northwest Barber settles in Eburg

By Eric Rosane
News Reporter

On the streetside of the quaint and bustling Fourth Avenue in Ellensburg lies a barber’s pole that protrudes well above the sidewalks below, a symbol shown as a testament to the historic downtown.

Without looking closely, you would hardly even notice the doorway that leads into the Northwest Barbershop. But with the occasionally displayed A-frame sign and the frequent traffic into the shop, you get the sense that there must be something intriguing happening behind the brick walls.

Jamie Gutierrez is the owner and sole barber at the Northwest Barbershop, a small shop nestled in the historical downtown section of Ellensburg. Gutierrez has been providing cuts out of his current location for three and a half years and has lived in Ellensburg for roughly two years, before he commuted from Yakima.

Gutierrez, throughout his entrepreneurship with his shop, has always preferred to go with the flow and let the better side of his intuition guide him. This is easily reflected by the company of Gutierrez’s two dogs, Yoda and Bella Blue, the recently proclaimed mascots of the shop.

Growing up in Toppenish, Washington, Gutierrez developed his craft early in life, cutting hair for his three brothers throughout his middle school years. He graduated with his bachelor’s from the University of Washington, and spent a brief stint with what he calls a “grownup job” promoting higher education through the High School Equivalency Program.

Gutierrez soon realized that his career options weren’t going to be heading towards the traditional route. “After I got laid off, one of my best friends was gonna go to barber school,” Gutierrez says. “Halfway through, he ended up becoming a police officer, and I was halfway through, so I figured I should probably finish.”

- See “Barber” on page 5

By Sarah Hoot
Scene Editor

Hey everyone, let’s get real, sometimes you just need a nap. Homework is piled up, your work hours are crazy, you have classes all day and your sleep schedule is all jacked up. In order to try and catch up on some much needed zzz’s, you find a spot somewhere, set down your bags, just lay your head down and snooze.

To help all of those college students out there who need a place to take a break, the scene section reporters and myself take you to our favorite places to nap. There are indoor and outdoor spots so that the weather can’t stop you from snoozing.

If you prefer somewhere quiet, there are plenty of spots in the library, but if noise doesn’t bother you why not try the couches in the SURC?

If you want to be out in nature, try heading to the Japanese Garden or find a spot near the Ganges to listen to the water and the breeze.

To start things off, here is my favorite spot to nap: on the hills in the lawn between Stephen’s-Whitney and Dean Hall. This is a great spot to nap in if you want to get some fresh air and some sunshine. The best times to nap in this spot would be from about the middle of spring quarter to about the middle of fall quarter.

Obviously you don’t want to be caught napping when it starts raining or it’s super windy, so make sure to check the weather before settling in.

Since this is just a field there aren’t really any hours, just make sure that you aren’t trying to sleep out there after dark otherwise campus security might come and talk to you.

There are also sprinklers that go off at night which would be a rude awakening, so if you want to stargaze be on guard.

- See “Napping” on page 8
By Miles King
News Reporter

The results of a recent Global Drug Survey (GDS) suggest that cannabis is one of the safest drugs with a low number of users requiring emergency medical attention.

The survey polled roughly 115 thousand people living in 50 different countries. The GDS asked if users required emergency medical assistance regarding nine substances: marijuana, synthetic marijuana, ecstasy, cocaine, methamphetamines, LSD, alcohol and amphetamines.

Marijuana polled as one of the lowest, with only 0.6 percent of users reporting a need for emergency aid. The only substance listed lower than pot, mushrooms, yielded just 0.2 percent of users.

The substance causing the most hospital visits was methamphetamines at 4.8 percent, according to the survey. Synthetic marijuana, chemically created substances that mimic the effects of pot, were listed second behind meth at 3.2 percent. Alcohol at 1.3 percent rounded out the top three.

Brittany Choyce, owner of the Green Shelf dispensary in Ellensburg, thought alcohol and ecstasy would be the most dangerous. She was surprised that methamphetamines were rated the highest.

However, she was not surprised that synthetic pot was placed second. “Synthetic weed is scary,” said Choyce, who also mentioned she does not sell any at the Green Shelf.

Alcohol and amphetamine users may not be completely aware of the risks involved with those substances, according to Choyce. Both substances are federally legal while pot, a less dangerous substance according to the survey results, is federally illegal.

“It seems like the survey results are indicating we need to give a little more attention to risk mitigation of prescriptions and alcohol,” Choyce said.

Noah Moore, an employee at the Green Shelf, has personal experience with amphetamines. “I’ve realized I’m a totally different person when on amphetamines,” said Moore. Amphetamines are prescription drugs that help with disorders such as Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD). Moore discontinued his use of the prescription, citing a friend whose life had been ruined by dependency on the substances.

Moore guessed that alcohol would be the most dangerous according to the survey. “I thought cocaine would be near the top,” Moore said. Cocaine came in near the middle at just 1 percent of users seeking emergency medical attention.

Moore was also surprised to see synthetic marijuana closer to the top of the list; however, he mentioned a friend who became addicted to synthetic pot and eventually joined a rehabilitation program. The synthetic pot would often put him into seizure, according to Moore.

Hey Wildcats, it has been an incredible nine weeks and I’ve learned a lot from my time as the editor-in-chief of the Observer. But today I’m writing to you for the last time and I’ll be joining the other graduating seniors on the other side, in the real world.

It’s simultaneously exciting and terrifying, but at the very least I feel I’m somewhat prepared for what’s to come. I rushed through college by enrolling in a program called Running Start at Clark College.

I took two years of community college during my junior and senior year of high school, which gives me senior level credits as a second-year CWU student. I wouldn’t recommend it for everyone.

This is obviously a huge advantage, but fuck, it feels like I’m in over my head sometimes. Luckily I’ve made great friends over the past two years and these recent months have taught me so much.

This staff has been nothing but the best and I couldn’t be more proud to be considered their coworker and friend. I’m always so amazed that we can put out a quality newspaper every evening while avoiding time to dick around and maintain our sanity.

I’ll never forget this staff. I’ve been a part of, they’re great friends who helped me get through this great ordeal we call college.

We all poured our souls into the paper and spent dozens of evenings toiling away in the newsroom. Somehow we even won a national award along the way. This paper took a lot out of me, but taught me more than I thought I could know and gave me an edge in the real world.

I now have experience producing and running an award-winning collegiate newspaper. God damn, it’s nice to have that on my resume. Despite all the CWU students who’ve never heard of the Observer, we have real advertisers and a circulation all throughout campus.

The paper is honestly a fantastic academic tool for journalism students and I feel lucky I could be a part of it, let alone being in charge of it. But for as much as I compliment this paper, there are some flaws.

The biggest problem I’ve found is the amount of time and energy students can inject into production. We, the editors, could put in no effort and shit out a paper every week or turn the paper into a full-time job.

There’s no end to how many hours you can dump into this black hole and it can really mess with your grades in other classes. This was the worst for me last fall quarter when I was taking 11 credits and didn’t know how to manage my time at the Observer.

I continued a class but I was a part of some bitchin’ issues and made the best friends I’ve ever had. It could’ve been easy to do my time as a reporter and never even touch the editorial stuff. But I did, and it pushed me to do more.

I’ll see you on the other side Wildcats, Kailan Manandic, EIC.
How to successfully move out of the residence halls

By Ben Ramirez

The year is coming to an end, which means most students are looking forward to going home and enjoying summer. For a lot of students, this means moving out within 24 hours of their last final. The only exception is for graduating seniors or students who will be attending graduation. These students must talk to their RA and request a late checkout. Students need to do.

Cleaning the room may sound obvious but this is a very important step. Everyone’s room naturally gets at least a little dirty after a year of living in it and it is crucial that the room is cleaned before another resident moves in next year. The cleaning staff can’t be expected to go through each and every room on campus to do a deep clean, so it is the responsibility of the students to make sure the rooms are clean. This means making the rooms look as they did on move in day. All trash must be taken out, the floors should be swept (and mopped if needed), all surfaces should be wiped down and the microwave and fridge needs to be cleaned out, wiped down and unplugged. Each hall has cleaning supplies that can be checked out and used as needed. Furniture should also be put back to its original place. The number on the bottom of the chairs should match the room number and anything that has been broken has to be replaced. Students can put in a maintenance request to fix or replace any broken items otherwise they will be charged a fee.

“I know that maintenance requests can sometimes take a while so I am going to put mine in at least a week before my check out time. That way I don’t have to worry about it not getting done,” said Alex Douglas, a freshman biology major who lives in Alford Montgomery Hall. In addition to cleaning the rooms, all personal items should be packed up and taken out of the room before checking out. Once checked out, students will be required to hand over their keys and will no longer have access to their rooms. Moving everything out of a room can be a long and difficult task but there are ways of making the whole process easier and faster.

“I plan on packing everything in a few big boxes reduces the number of trips in and out of the rooms and it makes packing things up faster. I am going to pack all my things a day or two before moving out so I can just check out and leave without having to worry about time.” Wall said. This is a good idea because it ensures that students do not stay over their check out time and get charged a fee. Packing and cleaning in advance also guarantees that nothing gets left behind because once checked out, there is no going back into the rooms. Nobody wants to be halfway home and realize they forgot something hiding under a bed or in a closet. Students should talk to their roommates and make a plan to work together to get everything done before checking out. Cutting the work in half will make it all go faster and leave more time for focusing on finals.

Moving out of a residence hall at the end of spring quarter can be a pain, but Housing tries to make the process easy.
By Samuel Beaumonte
News Reporter

On Friday May 26, Campus Activities hosted “4 Bar Friday”, inviting students from around campus to show off their skills or try it for the first time on the SURC’s East Patio.

“This is a way to express who you are and what you believe in,” said Ted Wolfe, a student programmer at Campus Activities, according to the CWU Publicity Center. “I rap and I just hope people can come and feel like they’re in a safe environment to express themselves.”

Between noon and 1 p.m., there was a steady crowd of 15 people that gathered around the performers, either watching or waiting for their turn to grab the mic.

“I think that students should be thinking about [how] no one’s going to judge them, if you want to go ahead and try just do it,” said Zack Velasquez, a sophomore business major who performed more than once during the event. “I mean it’s hard but it’s easy, it just depends on who you are.” Velasquez believes that he knows what he’s doing and this wasn’t his first time letting out a few bars, he hopes that eventually he’ll be able to make it and looks forward to opportunities like this.

“I think this Friday went pretty good. I didn’t expect to be a whole bunch of people,” Wolfe said. “The goal of the event was to provide students with a chance to express themselves through rap, whether or not we had one person or a hundred people rap.”

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-Ted Wolfe, Campus Activities Student Programmer

Sociology major Jessica Murillo (left), marketing major and Campus Activities Student Programmer Ted Wolfe (middle), business major Zack Velasquez decide to test their rapping abilities on May 26.
Al little off the top

“Barber” from page 1

When Gutierrez first began setting up shop, he hadn’t the slightest idea of what the look, presence, layout or vision of the Northwest Barber shop was going to be—he had hardly even considered it.

It was scary for him, especially since he had just started up small businesses was after the economic recession. With only mere weeks before opening up shop, Jamie had nailed down the vision that would soon come to develop into what the Northwest Barber shop today.

With a focus on classic barber shop ideals, with a touch of modern innovations, Gutierrez was able to find his place in making the shop a comforting, yet historically reflective place.

Jamie Gutierrez says, “I just wanted it to fit in with the history of Ellensburg.”

Gutierrez has also been working extensively with the Ellensburg Downtown Association (EDA), an organization that he says is helping Ellensburg to readjust the historical context to the growing population that’s surrounding the University.

He puts a lot of work in with the organization, and feels that it really reflects what a growing, diverse community should look like.

Jamie serves many different faces and cuts many different hairstyles throughout Ellensburg.

With this in mind, Gutierrez says that his clientele is reflective of the community; diverse and flexible. From 1 years old to 84, Jamie can cut them all.

“I don’t really focus on a specific demographic, and that’s one thing about Ellensburg, is that it’s very diverse; it’s diverse in age, it’s diverse in population,” Gutierrez says. “That’s kinda the reason that I don’t play music in here, so that I don’t scare people away with my bad taste in music.”

Gutierrez’s relationship with his clients is one of the main reasons he cites for not pursuing expansion with the Northwest Barber shop.

“I’d really hate to neglect this shop,” Gutierrez says, in regards to opening a second shop. “What’s keeping me here is I [just] don’t want to lose the relationship here that I’ve built with my clients. I’m almost at a first name basis with everybody, and that’s something that I’ve really worked hard for.”

With Ellensburg growing quickly, Gutierrez hopes that he can only be flexible as the city is, but is unsure of the future. When I asked him about the future of the Northwest Barber shop, Gutierrez says that that is really the most difficult question to answer. He hopes that he’s able to continue to grow with the city, as he has been the past couple years, and that he’s able to stay active within the community.

Long live the king

By April Porter

Online Editor

Hailing from the Kingdom of An Tie, Knight Deager Fairhair suits up for fighter practice. He places thick pads on his knees, shoulders and elbows followed, by a red cloak and armor made of leather and copper.

The finishing touch is his decorated metal helmet of 26 years. With the feather flapping in the breeze, Fairhair grabs his hide-wrapped wooden sword and metal framed shield.

Doug Mathies, the aforementioned knight, eyes his opponent Isaac Kindervag, a senior physical education major from Ellensburg.

This is Kindervag’s first time at a fighter practice for the Society of Creative Anachronism (SCA). Mathies is not only a seasoned knight, but also a court baron and a captain of a war band.

“I’m looking at all those meaty bits I’m going to hit,” said Mathies as he looked over at Kindervag. Kindervag has a wooden ax with a foam top in his hand to shield him to block the blows coming his way. Mathies taught Kindervag multiple moves and techniques that he learned over the years.

The fighters are preparing for the weekend tournaments where they can earn their knighthood through medieval battles. Mathies just returned from May Crown, a tournament in Moses Lake.
Clockwise from top (L-R): Fan sways her arms to a song early in MGMT’s setlist as she sits above the crowd on the shoulders of another fan. // MGMT lead singer Andrew VanWyngarden performs the band’s popular single “Kids” on Saturday, May 27 in front of several thousand festival attendees. MGMT was one of the top-billed performers for the festival. // Tyler Joseph, lead singer and a founder of twenty one pilots, starts the band’s set with “Heavenlybody” a track off their 2015 album Blurryface. Joseph, along with the band’s other member Josh Dun, became the primary headliners of the festival following Frank Ocean’s drop from the lineup. // A couple takes a moment away from the crowd and embraces next to the Yeti stage during the second day of the Sasquatch! Music Festival. // Max Kerman, frontman for Canadian band the Arkells, rocks out on the Yeti stage (one of the smaller platforms in the festival), during their performance on Saturday, May 27.
Shoot your fucking shot

By Ryan Kinker
News Editor

Today, I saw a tweet that struck a chord with me. It was by one of my favorite sports writers, Shea Serrano, who is the pinnacle of sending out positive vibes on Twitter.

The tweet was a meme of National Basketball Association (NBA) forward Paul George shooting way beyond the three-point line as his Indiana Pacers’ teammates and opposing Detroit Pistons merely watching as he goes for a shot that doesn’t occur often. Serrano labelled his shot despite the challenges.

Despite my hatred for the Golden State Warriors, I think of their point guard, Steph Curry, when I hear the phrase “shoot your shot”. I see Curry catching a ball passed to him from forward Draymond Green in the paint, squaring up his feet behind the three-point line, jumping up in the air and, in one swift motion, flicking his wrist and flinging the ball through the basket perfectly.

Does Curry care how much time is left of the shot clock? Does it matter if he’s 5 feet behind the three-point line? Does he know if his team is up by 30 or down by five? Nope, nope and nope because he doesn’t care what the haters say and as he shoots his shot.

So I’m going to turn into my own version of Shea Serrano and tell you to shoot your fucking shot, regardless of what anyone says.

As students (since I’m assuming only CWU students will read this) you have so much opportunity for growth and figuring life out that you shouldn’t choose to have negativity control your life.

For most of my five years at CWU, I’m old, I let the negativity of others affect my life choices and get me down. Negative comments made me drop my Steph Curry, when I hear the phrase Golden State Warriors, I think of their point guard, Steph Curry, when I hear the phrase “shoot your shot”. I see Curry catching a ball passed to him from forward Draymond Green in the paint, squaring up his feet behind the three-point line, jumping up in the air and, in one swift motion, flicking his wrist and flinging the ball through the basket perfectly.

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As students (since I’m assuming only CWU students will read this) you have so much opportunity for growth and figuring life out that you shouldn’t choose to have negativity control your life.
As a deprived college student, sometimes it is almost impossible to get a decent amount of sleep because of the amount of work we do. And for some of us, who have part-time or even full-time jobs outside of going to school, it’s even tougher.

Us college students, and sometimes faculty, just have to squeeze in a nap sometimes to be able to make it through the day.

When I started attending CWU, I would sometimes fall asleep in class, especially when the professor would dim the lights during educational films or videos. It was not because I thought my professor was boring whatsoever, it was about the lack of sleep I got throughout the night because of my sleeping disorder.

Before I started taking medication to help me get better sleep, I swear the only thing that would get me through the day was a good ole nap. It was not until college that I realized that naps should be a college student’s best friend. I live off campus, therefore I do not always have the luxury of being able to go to my house in between classes.

Therefore, I have to get creative and improvise. Where can I take a nap on campus while being sneaky? My sophomore year of college, I realized that the perfect place to do so was on the first floor of the Brooks Library. I would pretend to be reading my textbook, but eventually I would put my head down on the desk, no one would notice I would be napping because there are panels around the desk.

When I do have the opportunity to go home in between long breaks, sometimes I lay in bed and try not to take a nap, but when I see my cat napping beside me, I tell myself, “If Milo says it is nap time, then it is nap time,” and I take a nap until I have to leave for class again.

During finals week, there are way too many things going on in my apartment. I try to work on projects and presentations that I have left to the last minute while my one of my roommates listens to Carrie Underwood in the kitchen. She sings loudly, and honestly, not that great. My other roommate watches TV in the living room. The TV booms right up against my bedroom wall. I sigh heavily. I gather my books and laptop and head over to the SURC trying to find a comfy place to work. I glance around at students chatting and eating at the tables and decide to go upstairs to the couches I had seen earlier when attending an event. I lay all my homework on the square table in front of the couch but decide to lay down on the couch for a bit instead to relax. Long story short, I relaxed a little too much and ended up taking a nap on the couch. The couch will now be the place to nap.
FOURTH FLOOR LIBRARY
Alex Palacios

My favorite spot to nap is by far on the fourth floor of the library. They have these private study rooms that anyone can just walk into. It’s a really chill spot because it’s like the silent study floor, so you know that it’s gonna be really quiet. I’ve only napped in one twice, but it was some of the best sleep I’ve ever gotten. It’s got a really long table, so if I don’t want to be disturbed at all, I just throw that or a chair in front of the door and you have the most private nap spot in the land. That’s my big reasoning for choosing my nap spot, too. If it’s outside or right in front of the whole school, I’m gonna be too freaked out by everyone walking by. I need a quiet, non-stressful setting.

SURC UPSTAIRS
April Porter

These chairs with high walls around them make for a small secluded and cushioned area for naps. If you don’t like anyone seeing your sleeping, slobbery face, you can hide between two of these chairs if you put them together, making a little nap room. It also has a little table between them in case you want a little support for your legs or butt. These chairs are located in the lobby area upstairs in the SURC. Another bonus of this nap area is the plug in connected to the chairs. So you can charge your phone or laptop during your nap which is good time management.

BY THE SIDE OF THE GANGES
Ben Ramirez

My favorite place to nap is by the bridge in front of Barto Hall. I like to sit against the big tree trunk and watch the river. The tree provides shade on a hot day, which is perfect for falling asleep in.

I found this spot about two months ago when I had some time to kill between classes. It was a nice day out and rather than just going back to my dorm, I wanted to sit outside and be alone.

I chose this spot because I saw some ducks floating down the river. I sat down and watched them for a bit and then I fell asleep. I like to go here every once and awhile when I want to be outside but not around a lot of people. I don’t see the ducks everyday but it’s always a nice treat when I do.

This nap spot is also right by the food wagon. It’s perfect for waking up and getting a snack to eat. Sometimes I wake up from the delicious smell of whatever the wagon is cooking that day.

I encourage anyone who wants to relax outside and enjoy nature to stop by and sit awhile.
Deanna Marshall, a physics adherent of Women in STEM. When I was able to meet a lot more in my major until she already had experience in computer science major, is the first to join the Women in STEM club.

Once we started it, many people operate. It perpetuates the idea that penetrative sex only is what constitutes as a respectable sexual experience, particularly for straight guys. Since many women don’t climax from penetrative sex alone, bypassing foreplay is a major mistake in making sure everyone is having an enjoyable time. Foreplay is a great way to explore other ways of creating sexual excitement and tension in your relationship. There’s a lot more to sex than what the movies or porn will have you believe. If you care about the person you’re with, and the pleasure they experience, ask ‘em what they’re into.

You might find that it expands what you originally had in mind for what sex looks like, and it might even take place with your clothes on and outside of the bedroom. Get creative.

How frequently should you get yourself tested?

Dear Student,

Test now, test often… or, as often as you change partners. If you’ve been tested previously and were STI free, but you’ve had unprotected sex with other people since then, you should get tested to confirm your status now.

Many STIs are asymptomatic, and because STIs are so common, we can’t assume that no symptoms mean we’re in the clear. If you had a one-night stand and didn’t use a condom, get tested.

If you’ve ended a long term relationship where condoms weren’t always used and want to rest assured you are STI-free for your next sexual encounter, get tested. If you’re having unprotected sex with someone and aren’t sure whether they are having sex with someone else, get tested.

Knowing your status is a great way to feel empowered to check in with potential partners about their status. Testing is available on campus, through the Student Medical and Counseling Center (SMaCC) and at the Ellensburg Planned Parenthood. The more people that test regularly, the better we can prevent the spread of STIs.

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.
Pride not prejudice

By Daisy Perez
Scene Senior Reporter

A young boy attended his very first play, Cinderella, at the McCoubrey Auditorium. He watched intently at the stage as Cinderella transitioned into her iconic sparkling ball gown. It was one of those big moments for him when he realized being on stage could be magical.

That little boy grew up to become Aquasha DeLusty.

DeLusty said that her first drag show 15 years ago was a “hot mess.” She wore bright blue eye shadow up to her eyebrows. While performing to a song by Britney Spears, she whipped her head back and her wig came off. She thought, ‘[Eff] it, just go with it!’

DeLusty has directed a lot of shows for community theatre. She said she has grown as a performer and an artist; she is now a professional drag queen.

DeLusty will be one of the co-hosts of this year’s Professional Drag Show. One drag show at CWU that stood out to her was when an audience member brought their young daughter to the show. “I wasn’t expecting it at a college show,” DeLusty said.

“If I would have been a parent [because] it’s their first time away from home,” DeLusty said. “That little boy grew up to be...”

DeLusty and her co-host, Jesussine Beauté, will introduce everyone who is set to perform and keep the crowd entertained.

“The CWU drag show is my favorite show of the year...It’s the one big show I look forward to,” DeLusty said. “It’s all about having fun and celebrating yourself.”

Beauté and DeLusty became the co-hosts for the show when they were approached by CWU alumni Tina Sparkle, who was the president of EQaUAl. Sparkle told them that she and Beauté should consider co-hosting the show because they would be fun. They have now co-hosted for about nine years.

DeLusty said that students and community members should attend because “Drag is a huge part of the queer culture...and it’s a celebration. We’re kind of the welcome wagon to the LGBT community.”

Beauté agreed and added that the show “provides a fun atmosphere and it broadens your mind.”

Cole Gilomen, a senior majoring in elementary education, with a minor in teaching, is the publicity coordinator for EQaUAl. Gilomen is organizing one of the events for EQaUAl.

DeLusty said that students have their eyes and ears open to drag shows at a young age. She would have ended up there at some point in my early years if that had been happening when I lived in Ellensburg. “I danced right along with me."

In the past, drag show audience members have attended the shows dressed in drag or have come with friends to see what the show is all about.

There is a welcome speech at the beginning of the show to let the audience know that everything is light-hearted and nothing is meant in the spirit of malice. Everything is meant to entertain audience members and forget the troubles of the day.

“Some [students] have their first drag experience at the Central show...freshman especially [because] it’s their first time away from home,” DeLusty said. “Some of them have never heard or seen what a drag queen is, then they see the show and it’s like, ‘Oh, wow!’”

DeLusty and her co-host, 

The CWU drag show is my favorite show of the year...It’s the one I look forward to. It’s all about having fun and celebrating yourself.

Aquasha DeLusty, Professional Drag Queen

The Glow with Pride Dance
When: June 3, 7 - 10 p.m.
Where: SURC Ballroom
Tickets: Free

The CWU’s world of drag shows its pride with rainbow streamers and signs to celebrate Pride Week and the diversity on campus.

Pride Week Events
Big Queer Concert
When: June 1, 8 - 9 p.m.
Where: CWU Equal
Free

Amateur Drag Show
When: June 2, 11 a.m. - 12 p.m.
Where: SURC West Patio
Free

Professional Drag Show
When: June 2, 8 - 10 p.m.
Where: SURC Ballroom
Free

Glow with Pride Dance
When: June 3, 7 - 10 p.m.
Where: SURC Ballroom
Tickets: Free

Pregnant?
You have options.

Pregnant? You have options.
By Simo Rul
Sports Reporter

CWU women’s soccer had a historic 2016 season that involved the Wildcats going to their first ever NCAA tournament, where they earned their first victory. The team looks to build on a successful 2016 season.

CWU finished the season 14-6-1. Their first NCAA tournament win came against Seattle Pacific University (SPU) in the west regional, winning 2-1.

“I think our year, and also expectation... is to get further than we were last year,” junior midfielder Mackenzie Nolte said. “I think our team believes that we can make it further than that.”

Having a season that was full of achievements has helped the Wildcats take a step forward in the right direction.

“Well’s huge and I think it’s just like we’re seeing it finally all come together, and we’re getting closer and closer to what this team is capable of,” Nolte said. “[Head] coach [Michael] Farrand, he believes in us so much, and we all feel like we’re getting closer and closer to what we really want to be, and reflect how well we play and the actuality, and how great players we have.”

Nolte led the team with seven goals, she was tied for most points on the team, while also earning First team All-Conference, West Region second team.

“I just wanted to try to make it the best year yet. It’s my last one, so it’s a big deal to me,” Nolte said. “Making anything, how can I improve myself so that I’m helping them in whatever way I can.”

With a big freshman class coming in and needing to learn a unique system, the seniors will have to step up and lead the younger girls.

“I think it’s really important because we need to establish like a standard,” Nolte said. “I think we all know what it is because we have [been here], we’ve established it over. But new girls coming in are gonna have to kind of learn quick because they’re gonna need to lead for us.”

Nolte said the CWU standard is to show up every day to practice to get better, while keeping the team and themselves accountable.

Going into her senior year, Nolte said she wants to do something every day to improve herself.

“They are really close one another, and have tight-knit group.

“I thought always the teams who were closest did best,” Nolte said. “I think you work harder for people like you. It doesn’t become about you, it becomes about everybody else.”

When you have a big year like CWU did, going into next year the goals and expectations get much bigger.

“Our goals is, preseason get [new recruits] going, get them a feel for what Central soccer is, junior forward Whitney Lowe said. “Making it further then we did last year. Last year was a record breaking year for CWU soccer.”

The Wildcats season ended with a loss to rival and NCAA Champion Western Washington University (WWU), so getting the best of them next season would be big.

“I think it’d be really a good experience to make it through further, and beat even WW U,” Lowe said.

“Since I’ve been a freshmen here, it’s gonna be my senior year, I think just to beat such a skilled team would be a really good experience.”

Lowe said the thing that helped the team this year was taking it one game at a time, not looking ahead but just what was in front of them at that time.

Lowe is coming off of a season where she was third on the team in points, GNAC honorable mention, and West region third team. Going into her last collegiate season, Lowe said her goal is to see it through with this group. She wants to help the team have confidence, have every one back and make everyone one is successful.

“I think we showed last year how important road wins are in the Division II level, especially your non-conference road wins,” Mackenzie Nolte, head coach

I think we showed last year how important road wins are in the Division II level, especially your non-conference road wins.”

“I think if the team can do it again next year, once you make it to the NCAA tournament, you want to go back to it again,” Farrand said.

“The way we’ve been doing the last couple years, we’ve been close,” Farrand said. “To finally be able to get over the hump, win at that level, and compete within the region, just says a lot about the commitment of the girls who have been here before, and more important than that the way the mindset and the commitment of the girls we have on our roster.”

Farrand said there are similarities between the incoming seniors and freshmen group coming in. The seniors that are on the team now had to compete and play when they were freshmen, and now the freshmen group has the chance to do the same compete and play.

During their spring training, the Wildcats played some friendly matches against some Division I teams.

“We’re in the middle of a formation change, so it’s always good going to see what combinations step-up. We had some good results against Montana, Gonzaga (GU), and then we had a disappointing result against the University of Washington (UW) that was with two days of practice.”

Then we played Eastern on the end, but had [a] significant injury on the end of that.”

Farrand said Bailey Martoncik went down with a knee injury. They don’t know her status yet, but it hurt the Wildcats in the spring. It’s tough for the team, but there is belief going forward.

“We’ve battled back through that, we’re gonna miss that player, but we’re in good shape,” Farrand said. “I like who we are, and I like what’s ahead of us. The girls bring a lot of confidence for their senior year, and our upperclassmen are going to be very solid for us.”

The Wildcats start off the 2017 season with matchups at University of California San Diego (UCSD) and California State University San Bernardino (CSUSB).

“I think we showed last year how important road wins are in the Division II level, especially your non-conference road wins,” Farrand said. “We started out last year basically 4-0, and then 4-0 kept us in the top six all year long, so it’s a huge weekend for us.”

The Wildcats are looking forward to another big year in 2017.

“We’re excited for the year, we’re excited that we had such great support from all across campus last year between students, faculty, the staff, and our student athletes here,” Farrand said. “We led the league in attendance, we led the league in tickets, so we hope to do it again, and actually surpass it. We’re excited for the year.”

The Wildcats travel to California to start the year with two games in three days on Sept. 2 and Sept. 4. After those two games on the road, the Wildcats return home for a stretch of three 1-day homestands starting Sept. 7 against NAIA Northwest Nazarene University.
Volleyball continues to build up youth

By Alanna Inzunza
Sports Reporter

The CWU volleyball team consisted of several younger players last year, moving forward the team hopes with the experience they’ve gained this past season they can increase the areas that need improvement.

During their offseason the team has worked on improving their offensive and defensive. They’re really focused on things offensively that they’ll think will help them in the future to win more games.

“Defensively we wanted to get more efficient on blocking, even though we led the country in blocks last year we were still trying to improve on that,” head coach Mario Andaya said. “There are some key things we’re working on this offseason and I think we were pretty successful in that.”

The team has also worked on their bond. Bonding as a team is important for their chemistry on the court. The team took a trip overseas to Italy over spring break. The trip showed them what they had to learn as a team. They got a good understanding on what they will have to do to carry that bond over the summer into the fall season. Andaya believes the current team having a good bond with be crucial on how their new teammates will fit in when they arrive.

“We have six incoming freshman and so we really have to get a good handle on our team identity so those youth coming in will be able to conform right away and blend in with our team chemistry,” Andaya said.

Just like having new team members, the team has very important returners. Coming back for her senior year Sabrina Wheelhouse is an all conference player who is a key player for the team. Madison Weg and Shelby Mauritson are both coming back for their junior year. These three upperclassmen who have seen significant playing time throughout the season. Both Sarah Joff and Maggie McTaggart were redshirt freshman who Andaya feels like will start to step into big roles. He sees looking forward to seeing the impact they will have on the team this season.

The team has a long road this season. They will be competing in preseason tournaments in Tampa and will be hosting a tournament against the west coast teams. These preseason tournaments will be very important for their standings during their season. While during their season they will be competing against very good teams.

“Alaska Anchorage is defending conference champions and they won runner up in the national championship game last year so they are probably going to be the team to beat but Western Washington was always good. Northwest Nazarene will be very good,” Andaya said. “And I suspect we’ll be right up there if we can take it upon the added time and we make sure we’re taking care of who’s infant of us.”

Andaya believes if they focus on each game rather than how other teams are doing they will have a better chance at winning games.

“This is going to sound cliche but we have to really stay disciplined on what’s right in front of us. If we look past that or we’re not motivated to play who’s directly in front of us again the season is going to fly by like that so just staying at the task at hand,” Andaya said. “Taking one point at a time and really learning how to handle the present and then figure out stuff after that.”

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-Mario Andaya, head coach

Now graduating Kiah Jones (13) and her teammate going up for a block during a game.
Campbell heads to Spain for 10 days

By Rachel Greve
Sports Reporter

CWU senior softball star Kailyn Campbell will be continuing her softball career overseas for the second time in the past year. Campbell has decided to go play softball for close to ten days in Spain this summer following her graduation from CWU.

She will be playing for a foundation called ‘Beyond Sports’ a company that is an international education and service-learning organization that uses sports to create cross-cultural relationships and sends athletes of all sports to different countries around the world to play the sport they love while helping a cause.

“I got another email from [them] about another tour and really enjoyed the last one so I thought it would be another great opportunity,” Campbell said.

Starting her journey off in Barcelona, Campbell will be leaving June 19, just four days after graduation, visiting Montserrat, Valencia, and Madrid before her return nine days later.

But, she doesn’t think she will end her softball career there.

“I am thinking about actually playing overseas for real. I don’t know a lot of details about it yet but I should soon,” added Campbell.

Campbell finished her college career with a school record, and numerous GNAC and regional titles to add to her name. The last being D2CCA West Region Player of the Year.

Campbell helped lead the Wildcats to a GNAC conference title this season and to the NCAA Super Regional championship game last season before losing a tough series to Azusa Pacific in California.

“I want to help grow the game of softball in other parts of the world and taking another chance to potentially have an amazing experience of a lifetime,” Campbell said.

Last summer Campbell spent a few weeks in Cape Town, South Africa with another one of her teammates, Sammy Morris.

“I think this trip is with some of the people that also went to Africa. It’s not quite as long. Spain is a lot more populated than the part of Africa that we were in and I feel that it will just have a different feel and different dynamic,” Campbell said.

Although the trip will be shorter, and Campbell will be missing one of her best friends she can’t wait for all of the memories she will make with other women who share the same passion as her.

Campbell will return from Spain June 23 before deciding if she wants to continue her career overseas in a professional softball league.

Rugby plays last tournament till fall

By Rachel Greve
Sports Reporter

The CWU Women’s rugby team placed third taking home bronze medals at 2017 USA Rugby 7s Collegiate National Championships.

“We are very proud to be representing Central Washington on the National 7s stage, as one of the top 12 teams in the country,” head coach Mel Denham told wildcatsports.com.

The team started off the tournament with wins against Texas A&M University and University of Michigan with a 31-7 and 21-12 victory over both teams before losing a tough match to Life University 17-24.

But it didn’t stop there, they went on to play Dartmouth College with a 31-0 victory taking home the bronze. Senior Cassidy Meyers stood out in the final game with two tries one being the first score on the board for the match and putting up a total of 45 points for the Wildcats for the entirety of the weekend.

“The best part for me is always getting to spend time with my teammates. We really got to see our hard work pay off and doing that together is the best feeling,” Junior lock Jenny Johnson said.

This was the teams’ last tournament of the season before they get ready for 15s in the fall. Over the summer, I’ll be conditioning and lifting weights and getting my hands on a ball whenever I can,” said Johnson, who will be a senior in the fall.

The team this season has been closer than ever giving the team a special bond that not all teams have but one that is essential to any successful team.

“If I had to use one word it would probably be fun. Even the hard parts, we usually found a way to make it fun and somehow come out laughing,” Johnson said. “I think this season made us all remember why we love rugby, and that helped us find a new purpose getting ready for Nationals this spring.”

The team will be losing six seniors including, Cassidy Meyers, one of the top scorers for the Wildcats.

Returning however is Johnson, junior Ashley Rohuna, sophomore Paige Wyatt and freshmen Sulaana Aau. All players that can help bring the Wildcats back to the USA Rugby 7s Collegiate National Championships.

The team will return to the pitch in August preparing for their 15s season in the Fall. Over the summer, I’ll be conditioning and lifting weights and getting my hands on a ball whenever I can,” said Johnson, who will be a senior in the fall.

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CWU hosts Water Polo tournament

By Kyvon Henry

Sports Reporter

CWU’s water polo team is hosting its spring tournament this weekend, on June 3 and 4, at the Aquatic Center on campus.

The team will be facing three college master teams—North Idaho, Seattle Uppers and Auburn Masters. This year’s competition is limited due to universities being on summer break and the days leading up to finals week.

“The team is a bunch of savages,” said TJ Thomas, a freshman from Spanaway.

Despite only a month and a half of experience, Thomas is confident for the upcoming tournament.

“I just got done with the wrestling team, so I flew in and practiced a lot. If you show up and work hard they’ll put you in the time to teach you,” Thomas said. “They aren’t mean at all. They are just good guys. If you want to work hard enough they’ll put you in the water for practice.”

Sophomore Tyler Arnold from Auburn, Washington, has been playing water polo since he was 10 years old. He came upon the sport via swimming. He is also accompanied by his older brother and friends.

Arnold serves as both a player and club treasurer. He has 12 years of experience. Tearing two ligaments in his knee and having surgery, Arnold has seen a lot of the sport.

“Every injury has turned out this year we can renew memberships,” Arnold said. “We have to plan in advance but it was in the rebuilding stage.”

During the team’s recent suspensions for two years from the National Water Polo Association, for not having a tournament due to not having the numbers for a team.

Molly Ridge, a sophomore from Lake Tapps, serves as the club president. She has 12 years of experience, combined with much more from family experience. Tearing two ligaments in her right shoulder lead her to sitting out for six months, which is the longest she’s been away from the sport.

“When I started there was two girls and five guys, barely enough to make a team,” Ridge said. “We have to renew membership now, and with how practice has turned out this year we might join next year.”

The club has blossomed this year from seven athletes to 25. Last year the club won two out of four of its games, and won one of the two games in Idaho at a tournament in March, when it was in the rebuilding stage.

Fun in the Ellensburg sunshine

By Andrew Kollar

Sports Reporter

Ellensburg and the surrounding area presents plenty of opportunities for outdoor recreation during the summer. Some recreational activities include river rafting, camping and hiking.

Outdoor Pursuits and Rentals (OPR) provides students with the gear and knowledge to get students outside in every season. Tessa Cadin of OPR recommends getting out on the water to take advantage of the summer heat, whether that be paddleboarding or buying gear.

Aside from the 16 or more guided rafting trips OPR has planned already, students can create their own outdoor trip. If students are looking to go on a guided trip, OPR will provide the gear and a guide for the group at a rate of $30 per student.

“If people come in for individual trips, those are the most fun, I think,” Cadin said. “You can get a small group of people that know each other well.”

If students are experienced and just looking to be provided with gear, they can rent six-person rafts, standup paddleboards, inflatable kayaks, inner tubes and lifejackets.

In years prior, OPR has taken reservations in advance, due to the high volume of raft rentals during the summer. But with recent changes to computer reservations for the summer of 2017, it is a temporary issue that should be resolved for next year, but students need to be aware that raft rentals are extremely desired and it is not likely that rafts will be available in the middle of the day.

“We open at 9 a.m. and I would suggest getting here at 9 a.m. on the day that you want to go,” Cadin said.

OPR is a convenient resource for students but it isn’t the only outdoor recreation hub in town. Mountain High Sports is another option for students looking to buy or purchase gear.

Rafting gear and paddleboards are the most popular items to rent in the summer, but there are more activities to do.

OPR and Mountain High Sports have everything that rafters and campers will need to go car camping or backpacking. Hiking and camping are still good ways to spend time and there are many areas to camp and hike around the Ellensburg area.

It might get too hot to hike up Manastash or around the Yakima River Canyon, but there are a few hikes within a short drive that provide more shade and cooler temperatures.

One of the closer hikes to downtown would be Umpumun Falls. This hike is only three miles round trip and will provide hikers with a rewarding, cool pond that is fed by the waterfall. Umpumun is rated as an “easy stroll,” according to the Washington Trails Association.

People looking to do more advanced hiking can head west and explore the Salmon La Sac area, which provides hikers and campers with scenic views of Cle Elum Lake from all directions.

Salmon La Sac is home to nine different trails, including the ever-popular Coal Mines Trail and John Wayne Trail, about 45 minutes from downtown. The hiking trails are shaded by old growth forest and there are plenty of different styles of camping to choose from.

While some people like the comfort of having neighbors and a public bathroom, others look to isolate themselves from the crowd. Salmon La Sac has both within a short distance of all of the trails and the lake.

Tranaway is another area to camp and hike, providing enthusiasts with ample backpacking and day-hiking trips. Through Tranaway, hikers can access popular destinations including Mox Sterson, the biggest slab of exposed granite in the U.S., standing 9,416 feet above sea level; Lake Ingalls, one of the most desired destinations in the Alpine Lakes Wilderness; and Miller Peak, the 3,200-vertical cliff that brings hikers through alpine meadows and a panoramic view of the cascades from its peak.

OPR Prices

Backpacking stove: $5
Backpacks: $8
Sleeping bags: $5
Tents: $8
Barbecue: $8
Inner tube: $6
Life jacket: $3
Standing up: $25
Single inflatable kayak: $20
6 person raft: $35
Single person kayak: $15
Mt. Stewart from Long’s Pass, located off of Tranaway Road. The central location from Ellensburg leaves hiking in all directions.

One of the most popular places to visit near Ellensburg is Elum Lake from all directions.

Mt. Stewart, the biggest slab of exposed granite in the U.S., standing 9,416 feet above sea level; Lake Ingalls, one of the most desired destinations in the Alpine Lakes Wilderness; and Miller Peak, the 3,200 vertical cliff that brings hikers through alpine meadows and a panoramic view of the cascades from its peak.