

6-1-2017

## Observer

Central Washington University

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Fifteen local businesses offer students discounts. See page 8

## Welcome Wildcats!

For the next four years—or five or six—Ellensburg and this campus will be your home. Whether you're looking for a place to study, a place to indulge your late-night munchies, a place to hike, a place that will give you a discount if you flash your student ID, or maybe just some hints on how to fend off the dreaded "freshman 15," the Observer has you covered!



Jack Lambert/The Observer



Abor Demiri/The Observer

CWU running back Quincy Carter breaks a tackle against Dixie State on Sept. 24, 2016.

## 2017 Football Preview

**Ryan Kinker**  
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@CWUObserver

After finishing the 2016 season with a 7-3 overall record—an improvement over 5-5 in 2015—CWU football has its sights set on winning the GNAC conference in its second year under defensive coordinator Scott Power.

In the 2016 season, the team faced a difficult non-conference schedule with a match-up against Portland State, a Division I Football Championship Subdivision school. The Wildcats finished second in the GNAC conference at 6-2.

This year, CWU will have to beat Azusa Pacific, which finished on top of the conference last year with a perfect 8-0 in GNAC play.

CWU lost quarterback Justin Lane and wide receiver Jesse Zalk, who both hold multiple school records, to graduation, though a good portion of the offense and defense are returning.

A new crop of quarterbacks will be competing for the starting job, and a key offensive lineman, senior Nick Streubel, will be back on the field after sitting out most of last season with an injury.

For more on the team and its upcoming season, check out page 20.

## WHAT STUDENTS DON'T KNOW CAN DEFINITELY HURT THEM

- See pages 12-13



Taylor Morrellt/The Observer

# ORIENTATION

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Photo courtesy of CWU website

A student listens closely while receiving tutoring at the Fishbowl on the third floor of the Brook's Library, a popular study spot.

## Study spots

Students have lots of options for places to study

By Bryce Jungquist

Staff Reporter

Sometimes finding a place to study can be difficult. It may seem like everywhere you go, the crowds are too lively. Luckily for CWU students, staff from various on-campus departments have made sure there are plenty of places to choose from. From lounges to labs, coffee shops and common areas, there is a place for everyone.

### Library

Dean of Student Success Richard DeSheilds encourages students to study in the library due to the many resources that are available. In addition to academic commons and a tutoring center, DeSheilds said resources can also be found online for those looking to study from the comfort of their home.

### Academic and Research Commons

Within the Brooks Library is the Academic Research and

Learning Commons. This all-access student resources center is partnered with both Career and IT Services, according to Interim Director for Learning Support Services Katherine Boswell.

The Learning Support Center, which Boswell oversees, includes the Math and Writing Center in the library.

This is where students can get tutoring tailored to their academic needs. Additionally, the center offers peer-assisted labs so that students needing help in the same subject can get the help they need.

### Lounges

Eric Scott, director of the Sophomore Year Experience (SYE), spoke about the resources provided to students by housing in the comfort of their residence hall.

First-year students “are required to live in residence halls. In the residence hall, they’ll have a room... Every room has

a desk and a chair. So that way, they’re ready to study,” Scott said.

For those whose rooms aren’t an option, the residence halls provide lounges specifically for studying. Scott said that in these study lounges, there are no televisions so as to avoid any distractions that would cause the student to be unable to focus.

### SURC Mezzanine

If you’re looking to stay in the heart of campus, the Student Union and Recreation Center (SURC) provides a second-floor mezzanine, which is the most used place in the building, according to Cherie Wilson, director of the Student Union.

“The furniture [in the mezzanine] has really tall sides, to give you a little bit more privacy,” Wilson said.

Considering the SURC is known for being loud, the isolated areas are also able to keep the sound at a minimum, according to Wilson.



## Observation Deck

Advice from this year’s orientation editor

In addition to the wonderful orientation activities housing staff has put together for you, this newspaper will be the first taste of what life at CWU is like. It is with great privilege that I, on behalf of the Observer, welcome you to our campus.

### The orientation experience

Much like you, I attended Orientation. I was fortunate enough to have both my parents with me. My dad drove and blasted copious amounts of Beastie Boys while my mom listened to all the Financial Aid lectures while I sat on Facebook. Ya know? The dream.

This is where you learn a lot about college life, get to soak in the fact that you’re a free-thinking adult, make your first group of friends and become familiar with your intended major (that is if you have one).

### Get those courses out of the way

Now, this is where my first piece of advice comes in: Take your general education and breadth courses first.

Not only will you be grateful that you got them out of the way, but you’re giving yourself the opportunity to get a feel for the different majors you may be interested in.

### Get a feel for other majors

Attend their clubs, ask questions, get a feel for the people and become aware of the GPA requirements. If you consider these things, you may thank me later.

But if your heart is set on something, follow that dream. It is awesome to know what you want. That determination can get you very far—it’s worked for me.

With that being said, I have truly always been determined to make my own decisions. It has allowed me to understand something important about myself: my limits.

### Learn your limits

For CWU, you are required to reach a minimum of 180 credits in order to receive your diploma. The average credits per quarter to graduate in four years is 15.

You still with me?

In order to be a full-time student you need 12 credits. To get your money’s worth, advisers will encourage you to take a full load, which is 18.

I urge you to do what is best for you. I found that taking the 15-credit average allowed me to not only have a social life, but more time to get homework done and even work a job. If those two things are important to you, consider it. The school is based on a quarter schedule, so you can always adjust to your needs.

### Make the most of it

That’s the beauty of going to a university—you call the shots. Whether it’s the classes you want to take, the job you want to work, who your friends are, etc. As long as you’re making the most of it and you wholeheartedly love what you’re doing, you’ll be at home.

And if you’re not sure where to start, just ask. The CWU community is exceptionally warm and welcoming! You’ll fit in just fine!

I wish you the best of luck on all your future endeavors.

And as Garth from Wayne’s World would say: “Party on!”

-Angelica Bartorelli  
Orientation Editor

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# ORIENTATION

editor@cwuobserver.com

## Downtown has boutiques for your fashion needs

**Sarah Taylor**  
Staff Reporter

Living in a rural town where the closest Target is 40 miles away may seem stressful for the average college student, but fortunately, Ellensburg has affordable boutiques downtown.

These stores all sell fashionable and affordable clothing to ensure that you can shop until you drop, but they each have a unique atmosphere that stands them apart from each other.

### Claim Clothing

Located on Pearl Street across from Wells Fargo, Claim focuses on fashionable and affordable outfits, ranging over various styles. Megan West, owner of Claim, opened the boutique on May 3, 2014.

Nearly a year after the boutique opened, it earned the Entrepreneur of the Year award from the Washington Main Street program. West's success as a small business owner started back when she graduated from CWU in 2013 with a degree in apparel, textiles and merchandising, with a minor in retail management.

"Claim Clothing makes you part of the family by having a closet away from your closet," West said.



Photo Courtesy of Flirt Clothing/Facebook

Flirt, located on Main Street in Historic Downtown Ellensburg, provides fun and fresh fashion to college students and community members.

### Flirt

Opened in 2008 by a mother-daughter duo, Flirt is located on Main Street across from Old Skool's.

The store has an urban and trendy atmosphere. As a customer enters the boutique, they are immediately welcomed by unique and modern fixtures. These modern fixtures range

from the refurbished wooden tables to the unique clothing racks.

"Typically 50 or more people come in on a regular basis. They are mostly college students, but older women from the Seattle area also visit the store," said Kelly McClung, a store employee.

McClung is a CWU business student who enjoys the constant

interaction of fun styles at her workplace. "Customers who follow Flirt's Instagram account receive an exclusive discount card," McClung said.

### Maurices

Maurices opened its doors to the public in 1984 and is currently located on Pine Street near the Blue Rock Saloon.

While walking into Maurice's, the atmosphere feels similar to that of a commercial fashion store; however, the local appeal is definitely evident. On a typical day, the store interacts with over a hundred customers. Maurice's Manager Susan Camahona said. "The store is a passionate and loving atmosphere for sizes 0 through 24."



## CWU HOMECOMING 2017

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### KICKIN' IT OLD SCHOOL

We're gearing up for a week packed with celebrations, activities, Wildcat sports, and entertainment! Make plans now to join us for Homecoming 2017!

#### MONDAY, OCT. 2

Decorating Contest  
Movie Madness  
Latinx Welcome  
CWU Club Fair & Chalk the Walk

#### TUESDAY, OCT. 3

Mr. & Ms. Central

#### WEDNESDAY, OCT. 4

Wellington's Wildfire

#### THURSDAY, OCT. 5

Women's Soccer  
Open Mic/Concert  
Sip & Paint

#### FRIDAY, OCT. 6

50-Year Reunion  
Distinguished Alumni Banquet  
Alumni After-Hours  
Homecoming Dance

#### SATURDAY, OCT. 7

Football Team Brunch  
Wildcat Color 5K  
Homecoming Football vs. Western Oregon  
Entertainment Event: Nick Offerman\*

\*Tickets on sale July 1 at [www.cwu.edu/tickets](http://www.cwu.edu/tickets)

Schedule subject to change. Check the Homecoming website for updates and follow @cwuhype to stay in the know for all the student events!

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# ORIENTATION

editor@cwuobserver.com

# Happily homemade

## Local ice creamery takes pride in family values, flavors

By Tai Jackson  
Staff Reporter

### History

Winegars Ice Cream has been a part of the Ellensburg community for decades. It all started when Truman and Phoebe Winegar, founders of Winegar Dairy, began their dairy business in Ellensburg in 1949.

From 1971 to 1974, Gary Winegar, the eldest son, and his wife Margo, became partners in the dairy business, which eventually ended up being the third highest producing dairy herd in the state of Washington.

In 1975, the dairy business grew and the plant started offering pasteurized-homogenized whole and 2 percent milk, as well as Winegars whipping cream.

Starting off as a family owned farm, the business started growing rapidly. Winegar and Phoebe retired in 1988 and Gary and Margo continued to expand the dairy business. They then came up with the name "Winegar Family Dairy" to continue the family's legacy.

In 1992, Gary and Margo's oldest sibling, Richelle Winegar (Higdon), told her dad that after graduating from CWU, she wanted to stay in Ellensburg, but she needed a job. She suggested that they make their own ice cream and she would back up that part of the business.

After several months of planning, "ice cream guru" Bud Haxby came to Ellensburg to teach Richelle how to make several different flavors and textures of ice cream. With some espresso flavoring, the first flavor of Winegars ice cream was made: "Nutty Truman." Since then, Richelle has developed 60 to 70 different flavors of ice cream.

The names of every flavor come from the Winegar family or the Kittitas Valley area.

In 1994, Gary and Margo's youngest sibling, Kori Winegar, came into the business. As Richelle took time to focus on her family, Kori started to develop the Espresso Coffee business that Richelle also started. Bob Hood, owner of 18th Street Deli, was the person who initially introduced Winegars to espresso.



Photo Courtesy of Winegars Homemade Ice Cream & Coffee

Winegars shares a location with Jerrol's bookstore on University Way.

The family purchased property at Seventh and Main in downtown Ellensburg in 1996. The espresso business soon took off and the ice cream side continued to grow as well.

Kori is currently in charge of the coffee side of the business. He has taken part in several coffee schools. "The bean itself, the roast, the roaster, the grinder,

the grind, the water, the water temperature and the particular extraction machine all individually and collectively play a vital part in getting that great taste a customer desires," Kori said.

In 2007, the family added a new Winegars location at E. University Way and Alder Street. Then, in 2014, it closed the Main Street location and built

a shop adjacent to Jerrol's Book and Office Supply. The two shops are joined, and customers can easily go back and forth.

### Winegars today

Since 1949, Winegars has made it their goal to follow this motto: "To create the best family fun atmosphere that you have ever had."

Winegars has created a rewards system for customers. Anytime you purchase something, your purchases are automatically tracked. The more you spend, the more points you receive to your account. Once you get enough points, you will get a reward during your next visit. The points never expire, so you can save and use them at any time.

You also get a birthday card in the mail with a free drink and ice cream cone, as well as exclusive invitations to special events and savings.

"Tell us what you don't like," Frank said. "If we're making decisions that don't put the students first, then we're making the wrong decisions."



## THE CENTRAL WASHINGTON UNIVERSITY PARENT AND FAMILY PROGRAM WELCOMES YOU TO CWU

At CWU, we know how important it is for parents of our students to stay connected. CWU's Parent and Family Program gives you an opportunity to stay involved at Central. It also helps CWU stay connected with parents and families and allows us an opportunity to better address your issues and needs. By working together, we better serve our students.

Becoming a member is easy. Sign up as part of the Discover New Student Orientation registration, or visit us online at [www.cwu.edu/parents](http://www.cwu.edu/parents).

You can also reach us at John.Mounsey@cwu.edu or 509-963-2735.

Have a great summer.  
We look forward to seeing you in the fall.

Suggested reading for families available through the Wildcat Shop: *The Naked Roommate: For Parents Only: A Parent's Guide to the New College Experience: Calling, Not Calling, Packing, Preparing, Problems, Roommates, ... Matters when Your Child Goes to College* by Harlan Cohen.



# A DOWNTOWN TRIP THROUGH HISTORY

When longtime resident and CWU alum David Wheeler first came to Ellensburg in 1970, he says he felt a strong connection to the place.

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

Now, nearly 50 years later, Wheeler acts as Ellensburg’s unofficial historian. He often gives walking tours of downtown Ellensburg.

His actual research into the history of Ellensburg began when he started a master’s degree in history at CWU. He would actively search and learn about the history of the town.

“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 says.

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 recalls. “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 the social 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 at this point. The research and preservation he has done will be referenced to 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 says.

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

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

The history of Ellensburg goes back a long way. Wheeler still learns new things to this day. His knowledge on the town’s history goes as far back to 1883 when Ellensburg was incorporated.

Since all of downtown was essentially built post 1889, he focuses on the times after that.

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 says.

One of the main financial backers of the Ellensburg rebuild was named John Shoudy.

Wheeler will often emphasize the importance that Shoudy had on the development of Ellensburg.

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

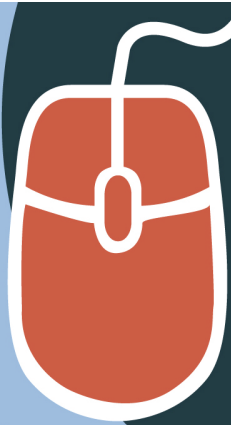
Shoudy’s attempts at making Ellensburg a mainstay in the state eventually paid off. He was able to convince railroads to run through, essentially signaling that Ellensburg was going to be a permanent community.

The state even considered making Ellensburg the state capitol.

Throughout the years, Wheeler says 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.





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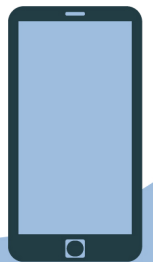
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## ORIENTATION

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# LA ESTRELLA

By Daisy Perez  
@CWUObserver

As they drive down the uneven roads of Los Angeles, 7-year-old George Moreno peers out the window of his grandpa's silver Toyota. George keeps a lookout for the dirty pink apartment complex—it's right before the Mexican store, where he'll get to buy a pack of pelons, a sweet and spicy candy.

On the way home, George opens his bag and stuffs his mouth with the candies. "Slow down, buddy," his grandfather says with a chuckle.

Seventeen years and 1,071 miles later, 24-year-old George digs for pelons in a clear plastic jar in Ellensburg's LA ESTRELLA Mexican grocery store.

"My grandfather is gone now," says the broad-shouldered CWU senior. "This is the only place in town that I can get my candy."

He stuffs his hand into one of the many candy jars atop a cafeteria-style table. He pulls his hand out of the jar and smiles widely at the handful of lollipops.

In Ellensburg, there aren't many Latino products aside from the half aisles at Safeway and Fred Meyer. And there, many of the products aren't authentic.

So for many of Ellensburg's 1,800 or so Hispanic and Latino/a residents, LA ESTRELLA is a must-stop and the only place they can find many items.

Rosalba Cuevas, 46, is the owner of LA ESTRELLA. She sits on a dark stool behind a glass counter, legs crossed, answering endless phone calls and clients' questions.

Sarah Burns, a tall woman with pink pajama bottoms and a baggy grey sweater, approaches the glass counter. She readjusts her messy bun as her dark eyes glide over the multi-colored international calling cards that hang on the blue wall.

Cuevas knows little English but tries her best to interact with her non-Hispanic clients. "Do you need help?" Cuevas asks.

Burns scrunches up her nose. "My husband told me to get the Mama Mia calling card," she says, "but I'm not seeing it."

Cuevas stands and reaches for a small dark card on the corner of the wall.

"This one," she says, and hands the card to Burns, who laughs. "Oh! There's so many cards that I couldn't find it."

Burns, 27, a new resident of Ellensburg, says this was her first time going to LA ESTRELLA. "I don't speak Spanish that well so I didn't want to come in and embarrass myself." She tucks the international calling card into her pink pocket.

"My husband is bilingual and he speaks to [Cuevas] in Spanish. We just moved here from Yakima not long ago," Burns

explains. "Ellensburg doesn't have as many Mexican groceries stores as Yakima. So my husband likes to come here and buy the tortillas and calling cards to talk to his family in Mexico. But he's sick right now, so I had to come and get him a card."

Cuevas first bought the property in 2003. After working as a maid at a hotel she decided she wanted to be her own boss. There were cracks in the dirty cement floor, and small rocks and dirt everywhere.

"It used to be where you got your tires fixed," she recalls. "It was a mess!"

The living-room size entrance was fixed first. She threw away old, slashed tires that were randomly scattered in the store and redid the cement floors.

The back of the store was closed off while she sold tortillas, juice, candy and paletas in the front.

When she was financially able to knock out the wall in the back, she did. She opened up the space, making it the current store.

Her business is successful, and customers are now able to purchase much more than they used to.

"It doesn't look like much," she says, her dark curly hair bouncing as she laughs. "But it looks better than when I first bought the place."

Stacked up against the blue walls are bags of beans, rice, cookies and spices.

Towards the back of the shop are several pairs of stiletto heels—a pink one shines like Dorothy's red slippers. Cowboy boots with a black swirl design are displayed in front of the heels.

Colorful pink, blue, green and yellow ribbons from big round piñatas sweep across the heads of customers as they look at the shoes.

Along the opposite wall is a giant freezer that holds a variety of paletas—a twist on the popsicle—and a line of fridges that contain Jarritos sodas, beer, packs of tortillas, queso fresco, lemons, small clear bags filled with slices of cactus and packages of fresh brownish-red chorizo.

A portrait of the Virgin Mary hangs on the entrance wall, looking out onto the store—something that can be found in nearly every Mexican store, along with the bright colors of the Mexican flag stretched out across the wall.

Cuevas hopes to sell the store in the next four years when she turns 50.

"I've been having trouble with my eyesight and some days I'm not able to see at all," she explains. "My mother is also sick and I want to take care of her. I've been [at LA ESTRELLA] for 13 years, so it'll be a change."



Top: LA ESTRELLA's merchandise packs the small store on Main Street.  
Middle: Rosalba Cuevas tends to the store's cash register.  
Bottom: Rosalba Cuevas sprinkles chili powder onto freshly sliced mangos.



# ORIENTATION

EDITOR: Sarah Hoot scene@cwuobserver.com

## Save some green with these local discounts

By Tai Jackson  
Staff Reporter

There are so many delicious, interesting and fun places within the Ellensburg community.

Ranging from department stores to fast food restaurants, many of these local businesses or famous chains give discounts to CWU students when they show their student ID.

Want to see if some of your favorite places give student discounts?

Check out our list below to save some green.

### Ellensburg Goodwill

This staple for people who love to comb thrift shops has a wide array of used clothing, plus plenty of housewares and furniture to liven up your dorm or apartment.

Students receive 10 percent off on Sunday nights.

### Jerrold's Book & Supply

Once a quarter, from 9 to 10 p.m., the bookstore offers 20 percent off for Welcome Back Wildcat Night.

### Brooklyn's Pizzeria

Every Wednesday, with student ID, customers 21 years of age or older will receive a 10-inch pizza with every purchase of a pitcher of beer.



Courtesy of Tax Credits on Flickr

### Rodeo City Bar-B-Q

Students with valid ID receive 10 percent off of original meal price.

### Kabob House Ellensburg

All students receive 10 percent off with ID.

### Copper Kettle

10 percent off menu price for students with ID.

### Wing Central

Predominantly visited by students, the sports bar offers 59 cent wings every Tuesday night.

### Winegar's Homemade Ice Cream and Coffee

On Mondays, hot chocolate is only a dollar.

On Tuesdays, rewards-card members get early access to dollar scoop night, every Tuesday at 7 p.m. Without a card, dollar scoop starts at 8 p.m.

On Thursdays, rewards-card holders get a free pastry if you order any drink.

On Fridays, Winegar's sells quarts of ice cream for only \$5

### Jack in the Box

With student ID, the fast food

chain offers 15 percent off.

### Carl's Jr.

With student ID, this fast-food chain offers 10 percent off.

### Wendy's

With student ID, this fast-food chain offers 10 percent off.

### Westside Pizza

Customers who order online receive 25 percent off.

### Pizza Hut

Students with ID receive 10 percent off.

### Perkins Restaurant & Bakery

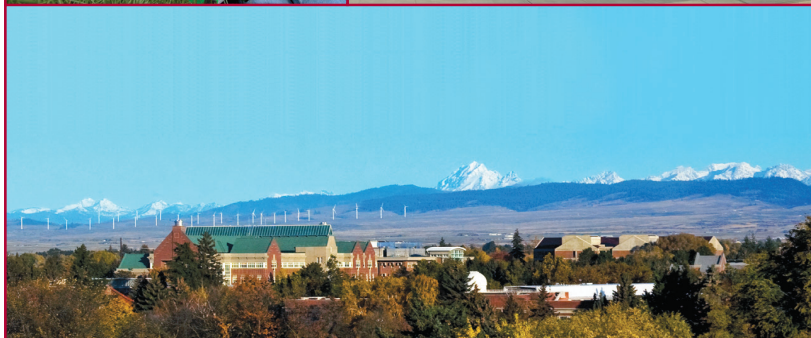
With student ID, you will receive 10 percent off your meal

### Utopia Frozen Yogurt and Coffee House

Monday through Friday, before 4 p.m., students receive 20 percent off frozen yogurt.

### IHOP

Students with ID receive 10 percent off of their total bill.



[www.cwu.edu/orientation/phase-iii-wildcat-welcome](http://www.cwu.edu/orientation/phase-iii-wildcat-welcome)

# WILDCAT WELCOME WEEKEND

September 15-19, 2017

Wildcat Welcome Weekend (W<sup>3</sup>) is required for all first year and running start students and is part of the University 101 course.

Learn all about CWU's First Year Experience program, attend education sessions focused on transitioning to college, prepare for fall quarter, meet other Wildcats, move into your residence hall, get your questions answered, and have fun!

**CWU** Central Washington University



# ORIENTATION

editor@cwuobserver.com

## Big Tuesday

Eburg restaurants and retailers treat students to deals, samples and fun

By Tai Jackson  
Staff Reporter

Big Tuesday is known as one of the biggest events of the school year. It focuses on helping new students—who are also new to Ellensburg—get acquainted with the town's restaurants and largest retailers.

The day consists of three heavily advertised events the Tuesday before school starts, all of which include steals you can't get anywhere else. This year, Big Tuesday, as it's come to be known, will be on Sept. 19.

### Bite of the Burg

Bite of the Burg is a street festival in downtown Ellensburg where local shops and restaurants show off their products, offer tastings, promote their store and welcome new and returning CWU students.

This year's Bite of the Burg will be from 2-5 p.m. on Fourth Avenue between Pearl Street and Ruby Street.

Besides the tastings, many vendors offer discounts and giveaways. CWU's own student radio station, 88.1 The Burg, will also be there to provide a soundtrack.

"I go to the Bite of the Burg every year," said Johanna Ireland, a junior elementary education major. "It's always

so much fun and I love all the great deals and free food!"

### Bi-Mart Night

With so many deals in store for students, make sure to take advantage of Bi-Mart Night from 8:30-10:30 p.m.

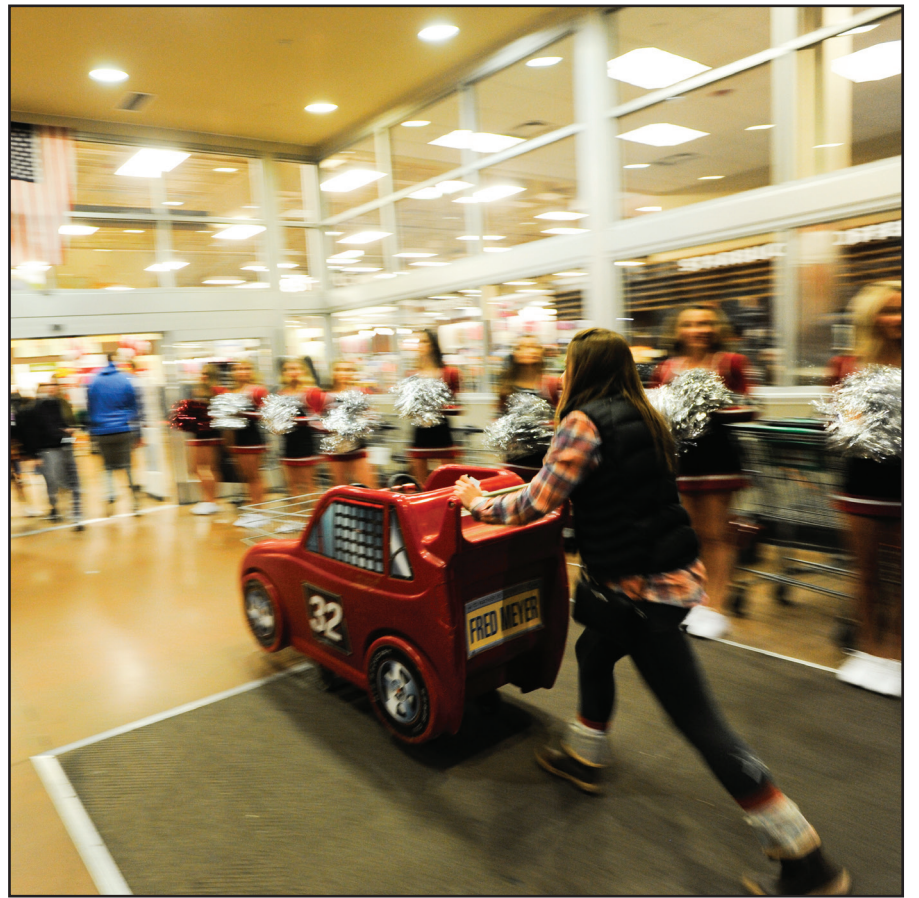
The event is open only to students with a CWU ID and always includes an array of different deals.

"I love Bi\_Mart anyways; it's like a one-stop shop kind of place," said Alexis Edwards, a CWU sophomore. "But on Big Tuesday, the deals just make it even better."

### Fred Meyer Night

If you're looking to score deals on essentials you need for living in the dorms, Fred Meyer Night is designed for you. The store stays open from 11 p.m. to 1 a.m. just for students with an ID card. Extreme discounts are often offered to the first students in the door, so don't be surprised if you find a line worthy of a big concert.

"Last year I got a pretty good deal on Nike Slides for men, so I definitely plan on going next time," said Trevaughn Scott, a junior integrated energy management major.



Photos by Xander Fu



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Discount FAN: 2656698

Staff Savings

Visit: [att.com/wireless/CWUwildcats](http://att.com/wireless/CWUwildcats)  
Discount FAN: 2400835



\*Req's student ID or proof of employment with an eligible AT&T business. If avail, discount applies only for the monthly service charges of qualified plans.  
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# ORIENTATION

EDITOR: Sarah Hoot scene@cwuobserver.com

# Girl Power

## CWU's Women in STEM Club creates a community for female students

By Alex Palacios  
Scene Reporter

The science, technology, engineering and math (STEM) fields, are commonly male-dominated. The same is true here at CWU, so a group of female students created the Women in STEM club.

The club is a place for women in STEM studies to come and hang out. They only meet once a week, but they try to make those meetings fun for everyone.

They watch movies, do art projects, outreach events and just general stuff that the members think is cool.

Angie Quach, a junior computer science major, is the club secretary.

Quach was one of the first to join the club and decided to serve as secretary, since she al-

### Meeting Times

**When:** Thursdays, 5 p.m.

**Where:** Science II 204

**Facebook:** Women in STEM CWU

ready had experience in the role. "I didn't know very many women in my major until we started the club. Once we started it, I was able to meet a lot more and thought it was really cool," Quach said.

Quach wasn't the sole founder of Women In STEM. When asked about their interest by Deanna Marshall, a physics advisor and now advisor for the club, in the idea, several students responded positively and and thus the club started.

Marshall first contacted a few female students in the STEM fields that she thought would be interested in forming a community.

"I wanted to make sure that all the members were aware of all that was being offered to them. It was really just making a network," Marshall said.

The purpose of Women In STEM is to create a new community and not only for students in the STEM program. The club is open to all and currently there are 15 members.

Marshall does general ad-



Jacob Gerken/The Observer

Angie Quach, a junior computer science major and club secretary, works through a problem during a club meeting.

vising for the club and informs them on things going on in the STEM community such as scholarships, public events, or possible opportunities the members should take.

Club president Ivianne Redman, a junior biology major, leads the club in discussions and activities. She was one of the first to help make and participate in the club.

"As a biology major, I tend to see more women in my class than other STEM subjects. I

was mostly on board with the idea of a support system for all the women," Redman said.

As the club senator, Brooke Williams, a sophomore Construction Management major, is responsible for communicating the clubs progress with other CWU clubs.

"It is kind of intimidating walking into a class and being the only girl. Once I got the email about possibly starting this club, I knew it was somewhere I wanted to be," Williams said.

# HOLMES DINING ROOM

À la carte choices in Holmes Dining Room located on the southwest corner of the SURC behind Cat Trax West Espresso.

# CENTRAL MARKETPLACE

RELAX UNWIND

À la carte choices in Central Marketplace in the SURC.

Check us out for lunch and dinner!

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# G&T's Hawaiian Shave Ice

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 name, Tyson.

"My son dared me to do this when he was about 7 years old," says Lale, dressed in a Hawaiian shirt. "I've been doing the [Kittitas] Farmer's Market for a few years now. And now I have this spot here," he adds, gesturing to his yellow stand on the corner of Walnut Street. 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.

"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 says. "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, along with another 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 Lale 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 says.

Rogers is one of two employees who work for Lale. She says 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," Rogers says. "He makes everyone that stops by feel welcomed."

That makes Lale happy.

"You know, it isn't about the money for me," Lale says. "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. through October if he is not too busy with his stand. The University Way stand is open from 11 a.m. to 6 p.m.



# CWU

## HACKS

### B.A. language requirement is more flexible than you might think

**1** Most people on campus believe that you are required to take one full year of a world language at the college level, or two years at the high school level, of a single language in order to fulfill the language requirement for a B.A. Most people are wrong.

Despite what it says on the registrar's website, according to Karen Malella, a credentials evaluator for the College of Arts and Humanities, if you petition the registrar, you can use up to three different language 151 classes to fulfill the requirement.

"There are other avenues to go," Malella said. "It just has to be petitioned to the registrar."

Rose Spodobalski-Brower, associate registrar, said that petitions are considered on a case-by-case basis.

"Any exception to [the language] policy requires a petition," Spodobalski-Brower said. "Any exception to requirements in general education, major or minors has had committee and/or dean approval to make it an exception for all students."

Many students have wasted a lot of time, money and sanity trying to get proficient in a single language but little do they know that they do not have to sign their lives away to that language.

### You can't just pick a major, it has to pick you too

**2** One of the hardest things to do for students is picking a major. Or picking another major after they decide their first one wasn't for them.

Regardless, deciding what to get a degree in isn't easy, especially since you also have to consider whether you'll even be accepted into the program. At CWU, most majors have some sort of pre-requisite, from writing exams to entry classes to essays.

"If [majors] have a requirement, there's a reason for it," Scott Carlton, director of advising at CWU, said.

Jessie Rosenow, a junior psychology major, had previously attempted to enter the environmental studies major. However, the requirements eventually led to her switching her major.

"The classes [the environmental studies major] required did not work together in the schedule I tried to build," Rosenow said. "It was very stressful at the time, so I decided to change my major because I knew it was only becoming a vicious cycle of stress."

According to Carlton, pre-requisites are designed to not only make sure a student will be able to succeed in the major, but to also give students a taste of what their future major will have in store for them.

## Weed might be legal in Washington, but it isn't on campus

**3** When marijuana was legalized in Washington in 2012, a specific portion of CWU's population celebrated. In the years following, students 21 and older have enjoyed the freedom of legal weed, but knowingly or not, some have been doing it illegally.

According to Richard DeShields, Dean of Student Success, despite marijuana being legal in Washington, CWU is required to abide by federal laws, under which marijuana is still outlawed.

The second a student steps foot on to campus with any sort of a cannabis product, they're breaking the law.

"Students think, 'Well, I can just go off campus, and I'll smoke off campus, or I'll inhale off campus' or that they'll vape off campus and then they'll come back on," DeShields said. "If a student is over 21, and they're off campus and they're smoking marijuana, as long as they're following all the other rules and laws that are required, there wouldn't necessarily be a problem."

## Deadlines, deadlines, deadlines

**4** Have you ever woken up and felt like you've forgotten something?

The life of a college student is full of endless deadlines. Deadlines for financial aid, deadlines for housing, deadlines for dropping classes. According to Brianne Kreppein, an enrollment assistant from the registrar's office, students frequently miss deadlines when trying to drop or add classes. However, most information regarding these deadlines can be found online.

"Look at the calendar," Kreppein said, referring to the quarterly, finals, and yearly academic calendars that can be found on the registrar's website. Financial aid deadlines can be found on the CWU website. Important dates include the CWU general scholarship application for the following academic year, which are due on Feb. 1, and the FAFSA priority deadline, which is on March 15.

"Financial aid doesn't advertise the deadline," said recent graduate Haley Curl, a digital journalism major. "The scholarship application deadline in February is way earlier than what I would have expected."

## Working on campus

**5** Money doesn't usually buy happiness, but it certainly buys food, clothing and toiletries — all of which are pretty essential for the average college student.

For many students, a job on campus is used to help support themselves and supplement whatever funds they get from grants, loans, or (if they're lucky) their parents.

However, whether you're wiping tables in the SURC or working as an office assistant in a dean's office, there are a few basic rules all student employees must follow.

One of the most important, and often overlooked, rules relates to the number of hours a student can work.

"If you're a full-time student, you can work 19 hours a week, and once your last final is over, on a break, you can work 40 hours a week," Kathy Johnson, an HR partner who oversees student employment at CWU, said. "You have to have 'student status,' is what we call it."

The number of hours a non-work study student employee can work was recently extended to 20 hours a week, according to a press release from the office of student employment.

However, if a student drops below 12 credits, which is the minimum to be considered full time, the hours you're allowed to work drop down to 15. If you drop below six credits, you aren't considered to have 'student status' and are ineligible to work.

"The less you're going to school, the less hours you can work," Johnson said.

According to Johnson, these policies are based upon Washington Administrative Codes for work study, and no exceptions are made.

However, students can be hired by departments on campus as temporary employees if they are unable to work as student employees.

"Sometimes students are great employees, and [the department] doesn't want to lose you," Johnson said. "What you can do to keep that student is turn them into a temp employee."

**See the following hacks online at [CWUObserver.com](http://CWUObserver.com):**

**- Rec Center fees   - Credit double-dipping   - Summer Classes**



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Welcome to CWU! Incoming freshman can sign up for CWU Army ROTC by registering for the MSL 101 - Foundations of Leadership course for Fall Quarter! Only 1 credit, one day a week! Call (509) 963-3520 - e-mail [armyrotc@cwu.edu](mailto:armyrotc@cwu.edu) - Stop by Peterson Hall, Rm. 202 for more information.

# THE LATE-NIGHT STUMBLE TO PIZZA COLIN

**By Mitchell Johnson**  
Sports Editor

It is around 1:30 a.m. on a Friday night.

After spending the last four hours pouring alcohol into the body with minimal food, the stomach is screaming.

“Feed me, feed me,” the stomach says. “Give me greasy, unhealthy food to feed me!”

Unfortunately for short-term health and the wallet, the stomach cannot be ignored.

Tonight, it’s like Homer Simpson is whispering, “Mm, pizza,” into the ear.

There are many places to eat within walking distance around downtown Ellensburg. A hot dog from Hot Dig-gidy Dog is such a staple of the late-night food scene, it is part of the CWU Traditions book.

For a long time, the pizza joint on Main Street was called Pizza Rita, named after the four other Spokane-based locations. After former owner Rita Ritter decided to go to nursing school, she put the Ellensburg store up for sale. Employee-turned-manager Colin Lamb, who has worked there for about five years, bought the store in February 2014.

After stumbling out of 301 or Blue Rock, college students make their way down East Fourth Avenue for two blocks, until Main Street, where they take a right.

Here is where gooey pizza goodness awaits.

No matter if the pizza joint is called Pizza Rita or Pizza Colin, many people recognize the retro, dark-green Volkswagen van—often parked nearby or driving around town.

The seating area is packed with college students. It’s so loud that it is almost hard to think, especially after alcohol makes thinking clearly nearly impossible.

Along the wall sits a guy in a white quarter-zip and a black and white trucker hat. His back is pressed up against the table on a barstool.

“I already got kicked out of Blue Rock,” he says in a not-so-inside voice.

Sitting at a table nearby are four girls who begin poking fun at him.

“Y’all are assholes,” he shoots back in a joking tone, putting his head down.

The smell of dough, hot cheese and pepperoni wafts around, making it nearly impossible to not want to buy a slice of cheese or pepperoni for \$2.

While they wait, people can see their pizza being scooped up.

“Just came out of the oven, it’s hot,” the employee says.

So hot that after one girl receives her pizza she immediately drops the box.

Alcohol brings out the most interesting people.

One guy comes inside with some news for his friends sitting at a table.

“Aye, that ambulance finally came for that old guy,” he reports.

“He’s 69 today,” replies his friend.

They laugh at the coincidence.

A group of two girls and a guy receive the box they ordered, then sit there, looking at each other.

“Should we stay?”

“I don’t care.”

“I don’t know.”

“Okay maybe we should head back.”

One of the girls puts on a heavy, dark red flannel, and the group is on its way.

Even though not everyone of these drunk party-goers will remember everything that happened tonight, they will always remember the taste of late-night pizza.



Pizza Colin is busy at 2:15am.

Photo by Xander Fu / Layout by Taylor Morrell



## SPORTS

EDITOR: MITCHELL JOHNSON sports@cwuobserver.com

# Recreation Center has something for everyone

By Bryce Jungquist  
Staff Reporter

The Recreation Center on CWU's campus has a lot of options that are available for incoming students.

Alex Lee, the coordinator for recreation clubs and camps at CWU, said that with the many programs that they have at the rec center, students might not know about them because they could see the rec center as the only thing that's available when they may also enjoy what these programs could provide for them.

"And so I think for me, for freshmen I think getting out there being active, exploring, asking questions, finding new things that maybe they haven't done before, maybe they have done before, I think is important. I mean it's something I didn't do as a freshmen that I wish I would've done," Lee said.

Hannah Allen, a health programming graduate assistant at CWU's rec center, said many students enjoy the multitude of options they have for getting in better shape.

"Health programming includes our group fitness and our personal training programs," Hannah Allen said. She said that group fitness switches up each quarter and has a variety of sessions they hold such as

Zumba, Kettlebell and Yoga.

In addition to group fitness, there are a plethora of options for personal training. With personal training, they have one on one sessions, small group sessions (4-6 people) and large group sessions (up to 12 people typically).

"And each of those offer something a little bit different, so we keep pretty busy in health programming," Allen said.

Allen said many students do not quit after getting into "health programming." She said that students meet people they can rely on, who are passionate about their health. She also said students enjoy themselves when they're participating in the health programming because the exercises are modern, and those who participate often have friends along with them as well.

"All Health Programming services can be purchased at the Access Desk of the Recreation Center. Currently, ONLY small group and large group training can be purchased online. Hopefully soon group fitness passes will be able to be purchased online as well," Allen said.

He said that with incoming students and getting people involved, sports clubs is much bigger of a topic than the youth camp he manages, but has opportunities for those seeking jobs in the latter. "So being able to participate in an activity

that maybe you've done in high school or maybe you haven't done in high school, it's new..." he said.

He said that there are 26 clubs which makes for various choices with students. "...I think the benefit is, I think with anything in our department honestly is doing something outside of the classroom, being active outside of the classroom..." Lee said.

Lee said that it's true and false that there is a cost with going to the sports clubs. He said you do not have to pay anything if you go to the club for a small amount of time and get in on their practice. He said that because of things like team apparel and trips for contests, clubs do have fees if you plan to join.

Melissa Robertson is the Climbing Wall And Challenge Course Coordinator at CWU. She said for those who wish to start climbing, the climbing wall is a nice place and she has options for students looking for work. "The climbing culture is a pretty big community. So a lot of people that don't know anybody on campus end up going to the climbing wall and then becoming addicted to it, just because of the family aspect of being around other people," Robertson said.

She said there is a mix of what that the climbing wall has to give, and mentions that it's a



Jack Lambert/The Observer

Climb members watch as former editor-in-chief Kailan Manandic begins a route.

place for those wishing just to exercise can go but also for others wanting to be involved in a group. She said that there are include classes, just stopping by and more for students who want to get involved but might be nervous.

"And then we also have a lot

of the youth programs as well. What Alex does with the kids program and creating all these news programs for kids as well as the climbing wall like it's really great for students in this town to be able to have that resource," she said.

# #EVENTS

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## SPORTS

EDITOR: MITCHELL JOHNSON sports@cwuobserver.com

# CWU soccer looks to build on historic 2016

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 Wildcats look 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 goal, 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 it'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 each year I feel like we're getting closer and closer to what we really want to be, and reflect how well of a coach he actually is, and how great of 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'm just gonna try to make it the best year yet. It's my last one, so it's a big deal to me," Nolte said. "More than 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 young players.

"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 play 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 make herself better.

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

"I thought always the teams who were closest did better," Nolte said. "I think you work



Jack Lambert/The Observer

Mackenzie Nolte going around a defender during a 3-0 win over Montana State Billings.

harder for people you like. 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 WWU," 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 give the team confidence, have everyone's back and make sure everyone is successful.

Head coach Michael Farrand said he wants to see 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.

"If you look at what 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 importantly just the way that 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 to 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 interesting 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," Farrand said. "Then we had a good decent result against one of the women's pro teams. Then we played Eastern on the end, but had [a] significant injury on the end of that."

Farrand said Bailey Martonik 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 that 4-0 run 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 livestreams, 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, 2017 and Sept. 4, 2017. After those two games on the road, the Wildcats return home for a six game, three week homestand starting Sept. 7 against NAIA's Northwest University.

## 2017 WOMEN'S SOCCER SCHEDULE

@ University of California  
Sept 2nd (Sat)  
TBD

@ California State University  
Sept 4th (Mon)  
TBD

Northwest University  
Sept 7th (Thu)  
3:00pm

California State University  
Sept 10th (Sun)  
12:00pm

Fresno Pacific University  
Sept 14th (Thu)  
3:00pm

Concordia University  
Sept 17th (Sun)  
1:00pm

Simon Fraser University  
Sept 23rd (Sat)  
12:00pm

Western Washington University  
Sept 28th (Thu)  
3:00pm

@ Saint Martin's University  
Sept 30th (Sat)  
3:00pm

@ Northwest Nazarene University  
Oct 5th (Thu)  
4:00pm

Western Oregon University  
Oct 7th (Sat)  
11:00am

Seattle Pacific University  
Oct 12th (Thu)  
7:00pm

@ Simon Fraser University  
Oct 14th (Sat)  
3:00pm

Northwest Nazarene University  
Oct 19th (Thu)  
3:00pm

@ Western Washington University  
Oct 21st (Sat)  
2:00pm

@ Concordia University  
Oct 26th (Thu)  
7:30pm

Saint Martin's University  
Oct 28th (Sat)  
11:00am

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

-Michael Farrand, head coach

"I think our team believes that we can make it further than that. I think that's gonna be our biggest goal, and expectation."

-Mackenzie Nolte, midfielder

"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."

-Mackenzie Nolte, midfield

# ORIENTATION

editor@cwuobserver.com



The center aisle of the C-store is filled with candy and various other "junk food" that nutritionists recommend you avoid, especially at late hours to avoid gaining the freshman 15.

Jack Lambert/The Observer

## Avoid the freshman fifteen

By Tai Jackson  
scene@cwuobserver.com | @CWUObserver

Due to the large amounts of tempting but extremely unhealthy snacks in the CWU

C-store, students risk gaining the "freshman 15." For those that have, it's not too late to do something about it.

Lucas Potes, intramural professional intern majoring in recreation tourism and Abby Barngrover, supervisor at patient services at the Seattle Children's Hospital, both had a lot to say about different ways college students could lose weight and maintain their healthy lifestyles.

"There were many different activities available for students

who want to lose weight, but don't like exercise machines, I always suggest doing sports that you're interested in," Potes said.

**Consistency! Make it part of your routine.**

-Abby Barngrover, Patient Services Supervisor

If sports aren't your thing, you could also go to local health staff, such as a nutritionist, can come

up with a plan to help you lose weight specifically targeted for your needs. "Having a trainer will help because they can keep you motivated when you don't feel like working out," Potes said.

They can also show you exercises you could do at home as well as tips on eating healthy.

There are many different exercises you can do at home or in your dorm room. "My personal go-to is a YouTube video made by Tracy Anderson. She has a bunch of quick, yet effective

videos that specially target abs, glutes, arms, thighs, etc." Barngrover said.

With some planning, a busy student can find time to lose the extra weight and still maintain their college careers.

With some persistence, time managing skills, help from either a trainer or dietitian, healthy food choices, and exercise, the freshman 15 has no chance. "Consistency! Make it part of your routine," Barngrover said.



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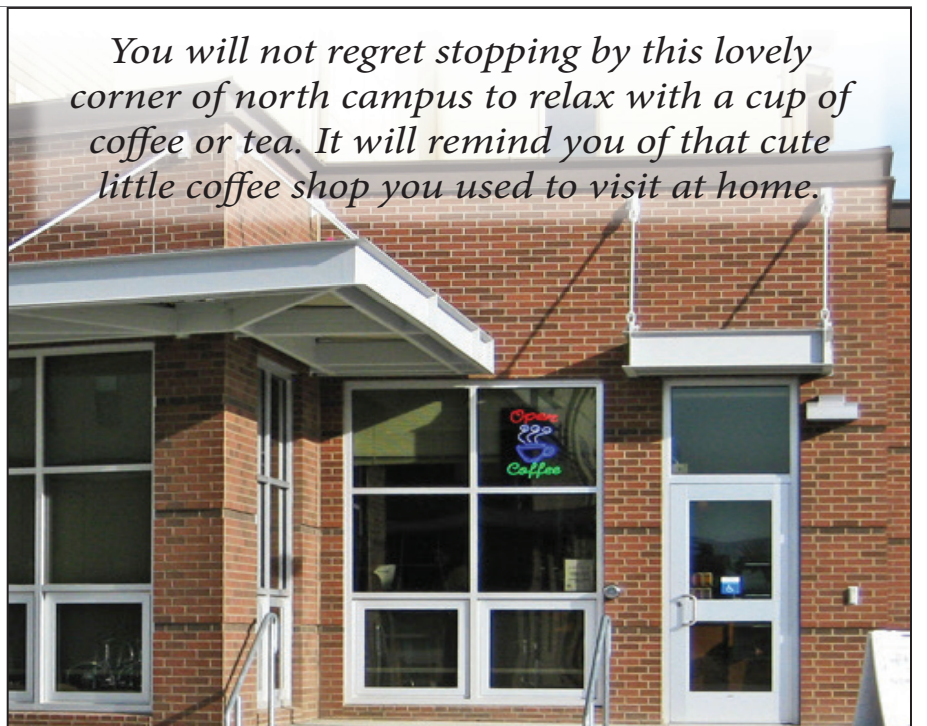


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## SPORTS

EDITOR: MITCHELL JOHNSON sports@cwuobserver.com

## 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.

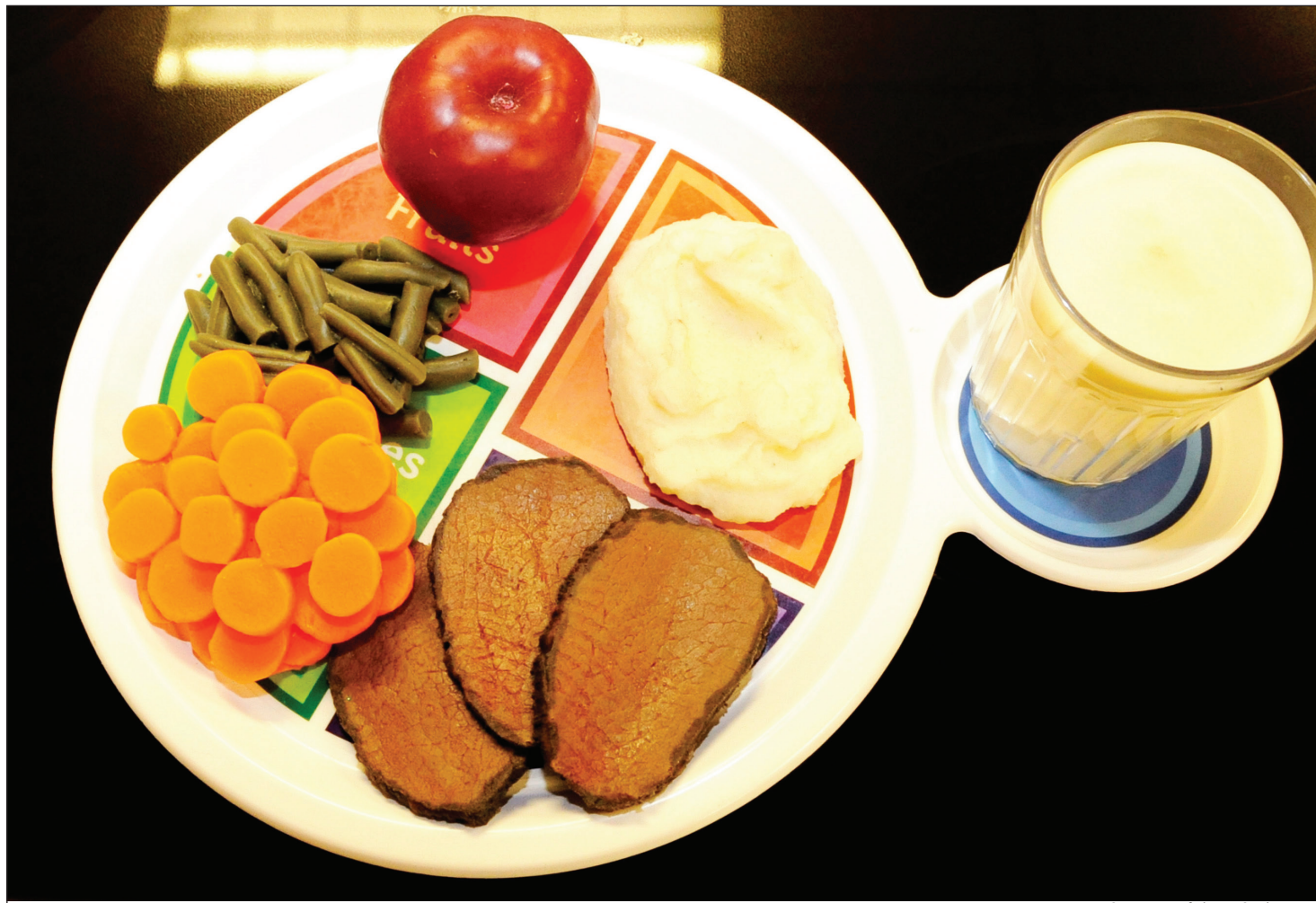
Some of her duties include counseling athletes 1-on-1, consulting athletes if they need to gain, lose or remain at the same weight and working with the strength and conditioning trainers.

"It was difficult to balance [athletics 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.



Courtesy of the U.S Air Force

**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 off season.

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 SURC, 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 athletes' 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

matter if it is results or a yummy snack.

"One thing we tell our athletes is your workout is not over

"I think that is an additional challenge because it's already challenging enough sometimes to have a healthy diet when you're at home."

-Kelly Pritchett, Nutritionist

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 ... as they transition out of their ath-

letic career," Pritchett said.

**Eating on the road**

As D-II athletes get on buses for hours on end, they do not get to make their own meals. Meaning fast food, hotels and lack of sleep.

"I think that is an additional challenge because it's already challenging enough sometimes to have a healthy diet when you're at home," Figel said.

**Female Athlete Triad**

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.

The long-term goal is to have the athletes leave with knowledge regarding a healthy lifestyle.

-Kelly Pritchett, Nutritionist

Most D-I programs have one full-time sports dietitian if not three in some cases.

-Kelly Pritchett, Nutritionist

were doing in a couple of weeks if it's too drastic."

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## SPORTS

EDITOR: MITCHELL JOHNSON sports@cwuobserver.com

# Strong defense hopes to 'Power' CWU football in 2017

By Sabrina Wheelhouse  
Sports Reporter

It's almost that time of the year again where fall sports are getting back into the swing of things.

CWU football begins reporting for preseason practices Aug. 6. They will spend the first two weeks back practicing every day while having weights, meetings, and film as a team and by positions.

"We just need to take it day by day and listen to our coaches, taking full advantage of every situation possible and understanding how grateful we are to

be in this position so next season will be huge," said James Moore, junior offensive lineman.

The Wildcats have 11 games

scheduled for the 2017 season including the opener at Kingsville, Texas against Texas A&M Kingsville. Non-conference

games include playing at Dixie State (Sept. 23) and hosting North Alabama (Oct. 21).

Scott Power has a good feeling going into next season and expects the returners to continue

getting the job done, while the incoming freshman class has potential to contribute in big ways.

"We have high expectations going into next season, this group of athletes have been around awhile and play a lot of football so coming off a 7-3 season we all have to expect to compete for a GNAC championship and a berth in playoffs," Power said.

Power has had several athletes earn accolades last season and looks to keep his defensive line strong. Senior defensive lineman Bo Banner and senior offensive linemen James Moore are anticipated to help lead the Wildcats to a successful season. They both know the course of the program and have been leaders

on and off the field. Banner has been a contributor to the team since his redshirt freshman year. He has seen action in all of the games during the 2016 season and has been consistent at his duties every season.

"Last year, [Banner] shared time with two other defensive ends who graduate this year so

he will be the only returner in his position but he plays at an all-conference level and we like to see him to build upon that and continue to be accountable every week so we have high expectations for him," Power said.

Moore is also another player who has been a force on the offensive side of the ball and has also seen action in all of the 2016 games.

"My expectations for next season are to win a conference championship while playing at a high level and to just enjoy the work ethic of my team," Moore said. "I don't expect anything less and I feel like the pieces of what we're doing and how we are working is going to be huge, we



Jack Lambert/The Observer

Bo Banner, Kyler Gracey, Drew Wallen and Will Ortner run onto the field against Dixie State.

just have a really good chance." The Wildcats have high hopes for a championship season with returning players who are eager to get back on the field and start training with the incoming class. They know what they need to do in order to prepare for every game and have been grinding every day in the weight room and on the field during winter and spring practices.

"Last season showed me that there's no reason why we shouldn't be number one with all the work we put in and that you can't listen to the hype that coaches and players give off because you can play to your level but this conference allows you to play beyond that," Banner said.

## Offensive lineman plans to return for 2017 season



Courtesy of CWU Athletics

### Nick Streubel

**Hometown:** Oak Harbor

**High School:** Coupeville

**Awards:** Cascade

**Conference All-League**

**Position:** Offensive line

**2014:** Redshirted

**2015:** Played in six games

**2016:** Broke hand during the Portland State game.

By Natalie Hyland  
Senior Sports Reporter

In 2016, football player Nick Streubel only played in one game for CWU. The offensive lineman broke his hand in two places during the Wildcats' first game of the season against Portland State University (PSU), but he hasn't let an injury keep him too far away from the action.

Like most athletes, Streubel's first thoughts revolved around returning to the game as soon as possible which would not be for the rest of the season.

"It was rough for sure. It was one of our better years in these last couple years," Streubel says. "It was really awesome to see our guys prevail and do well this year, but it was awful to not be a part of it."

While he wasn't in the mix on the field, Streubel found himself filling different positions on the sidelines during the games including duties in the press box and serving a link in communication and another set of eyes for coaches John Picha and Chris Fisk.

"It kind of gave me more of an appreciation of what the coaches actually do," Streubel says. "It was kind of eye-opening. The first time I did it...I couldn't keep up with the plays. I was trying to draw all the blitzes and I was just completely stunned."

Fisk, who coaches the offensive line, says Streubel's injury had a huge impact on the team last season and that having him on the field could have been the difference between a loss and a win.

"He was a starter for us last year and was a big part of why

we were almost able to beat a Division I school," Fisk says. Before Streubel took an interest in football he

was a competitive swimmer, but like most kids he soon decided he wanted to try a different sport.

"I wasn't really a fan of [swimming] anymore," Streubel says. "All my friends were doing football so I thought 'why not?'"

One of the first things he recalls about his earliest years of playing football were the intense conditioning drills he went through in middle school. Drills included numerous 100-yard sprints

and many sets of push-ups.

Streubel played for Coupeville High School, where he experienced a few less than stellar seasons against stronger opponents during his time. The Wolves even went as far as declaring independence from their 1A league and playing exhibition games with other schools instead.

"One thing [high school] did teach me...was learning how to lose and still coming back the next week and fighting that adversity and just trying to be better," Streubel says.

Once his senior year came to a close, Streubel was invited to his only official college visit at CWU. He was shown around the school and football facilities by older linemen, but what really sealed the deal for him was the bond he experienced between teammates.

"We went back to the old lineman's house and we sat down and hung out," Streubel says. "It just kind of gave me that brotherhood type of feel and was really inviting."

One of the teammates who has gotten to know Streubel best is his roommate Grady Graff.

Graff, a junior who redshirted his freshman year, is a linebacker for the Wildcats.

The two met during their freshman year and spent time together, but only became roommates in the fall. Much of their time off the field includes activities like golfing, bass fishing and shooting.

"When he's up and awake, he's always doing something," Graff says. "When he's asleep he hibernates."

Streubel's sleeping pattern as even earned him the nickname "The Bear" from Graff.

Graff agrees with Fisk that losing Streubel last season was a huge setback for the team and echoes everyone's hopes that he will play a full season this year.

As camps and training begin for the Wildcats, Streubel is back to practicing with his teammates, although he says more cautious about what he's doing. He is also setting goals for the upcoming season which include hopes of earning all-conference honors.

"In high school we went independent," Streubel says. "I didn't get to receive any awards like that."

### 2017 FOOTBALL SCHEDULE

@ Texas A&M Kingsville  
Sept 2nd (Sat)  
5:00pm

Western Oregon University  
Sept 9th (Sat)  
1:00pm

@ Azusa Pacific University  
Sept 16th (Sat)  
6:30pm

@ Dixie State University  
Sept 23rd (Sat)  
5:00pm

Simon Fraser University (B.C.)  
Sept 30th (Sat)  
1:00pm

@ Humboldt State University  
Oct 7th (Sat)  
1:00pm

@ Western Oregon University  
Oct 14th (Sat)  
1:00pm

University of North Alabama  
Oct 21st (Sat)  
1:00pm

Azusa Pacific University  
Oct 28th (Sat)  
1:00pm

@ Simon Fraser University  
Nov 4th (Sat)  
1:00pm

@ Humboldt State University  
Nov 11th (Sat)  
1:00pm

## SPORTS

EDITOR: MITCHELL JOHNSON sports@cwuobserver.com

# Volleyball continues to build on 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've 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 freshmen 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.

"We have six incoming freshmen 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."

-Mario Andaya, head coach

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 Mauritsen are both coming back for their junior year. These three upperclassmen who have seen significant playing time throughout the season. Both Sarah Joffs 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 in front 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 cliché 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."



Xander Fu/The Observer  
Recent graduate Kiah Jones (13) and her teammate go up for a block during a game.

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## SPORTS

EDITOR: MITCHELL JOHNSON sports@cwuobserver.com

# Lots of hiking within an hour's drive

By Andrew Kollar  
Sports Reporter

In Ellensburg, there are three very popular hikes among students: Manastash Ridge, Umptanum Falls and Rattlesnake Ridge. All three of these hikes will bring you to the top of the foothills and provide scenic views of the Kittitas Valley.

Ellensburg is also within an hour drive of Vantage, Blewett Pass, Leavenworth and the Enchantments, which are home to world-class hiking and rock climbing.

"If you want to get in the mountains, you can head up north and check out the Stuart Range," said Walter Lackey, Outdoor Pursuits and Rentals (OPR) employee and senior in mechanical engineering technology.

The range "is right there with some of the biggest granite slabs in the world right in our backyard."

Another popular destination is Snow Lake, on the edge of the Alpine Lakes Wilderness, located on Snoqualmie Pass, just off of I-90.

It is suitable hike for all experience levels, according to the Washington Trails Association.

There are many more hiking areas within a short drive from the CWU campus.

Salmon La Sac in Cle Elum and the Teanaway River Valley are both within a 45-minute drive from downtown.

They include all ranges of hiking and ability levels, as well as accessible car camping with miles of forest-service roads to explore, according to public relations major and avid hiker, Hunter Ventoza.

"You'd be surprised at how a single trailhead can lead to a vast number of different areas," Ventoza said about the Salmon La Sac and Teanaway River Valley areas.

An often-underrated place to go hiking is Blewett Pass, which

is home to popular trails including the Wenatchee Crest Trail, Swauk Discovery Trail and Ingalls Boulder Field Trail.

In the winter, Blewett is known for easily accessible snowshoeing and cross-country skiing, making it an often overlooked hiking destination during the rest of the year.

Every hike at Blewett Pass starts at over 4,000 feet, with trails going up to 5,800 feet, providing views of the wild country of the Cascade Crest and the open desert of Eastern Washington.

"If you're looking for big mountains and beautiful scenery, hit up Blewett Pass on Highway 97," said OPR employee David Higgins.

OPR is a valuable resource for students who are looking to pursue hiking who might not have the experience or gear needed to take trips. Students can rent everything they need to take a backpacking or car camping trip.

If someone is inexperienced, OPR has trips that include all the gear needed and experienced people to guide them to and from the destination.

"That's the entire purpose of OPR is to help you guys be aware of what's out there. We'll equip you, send you out and give you a game plan as to where to go and have an adventure and connect with people that have been doing it for years," said Higgins, a senior in supply chain management.

Whether you are an experienced outdoors enthusiast or just getting into it, Ellensburg is a hub for outdoor recreation in the spring and summer. There are multiple trails and different scenes to see within an hour's drive of downtown and OPR is a valuable resource for getting everyone outside.

"Don't be afraid to come in and talk to us," Higgins said. "It's what we do. It's our lifestyle."



(Top) Courtesy of Tara Long, (Bottom) Andrew Kollar/The Observer

(Top) Border collie Calla looks down on Rachel Lake on her way up Alta Mountain, trail head located off exit 62 on I-90.

(Bottom) The view of the Kittitas Valley from the top of Manastash Ridge, just outside of Ellensburg off of I-82.

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## SPORTS

EDITOR: MITCHELL JOHNSON sports@cwuobserver.com

## OPR rental gear ready for outdoor fun

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 Carlin of OPR recommends getting out on the water to take advantage of the summer heat, whether that be paddleboarding at People's Pond or rafting the Yakima River.

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.

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

If students are experienced 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 software, they will not be taking 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," Carlin 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 hikers and campers will need to go car camping or backpacking. 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 Umptanum Falls. This hike is only three miles round trip and will provide hikers with a rewarding,



Andrew Kollar/The Observer

Mt. Stewart from Long's Pass, located off of Teanaway Road. The central location from Ellensburg leaves hiking in all directions.

cool pond that is fed by the waterfall. Umptanum 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 differ-

ent styles of camping to choose from.

Teanaway is another area to camp and hike, providing enthusiasts with ample backpacking and day-hiking trips. Through Teanaway, hikers can access popular destinations including 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 climb that brings hikers through alpine meadows and a panoramic view of the cascades from its peak.

## OPR Prices

6 person raft:	\$35
Stand-up .:	\$25
Single inflatable kayak:	\$20
Inner tube:	\$6
Life jacket:	\$3
Tents:	\$8
Sleeping bags:	\$5
Backpacks:	\$8
Barbecue:	\$8
Backpacking stove:	\$5

## CWU Aquatic Center open for students

By Bryce Jungquist  
Staff Reporter

Many people may not know about the pool located on campus. Debbie Nethery, an Aquatic Supervisor at CWU, said that swimming is enjoyable and a good workout. She said that what makes it even better, is that students can get the workout in for-credit classes.

Swimming uses "all your body parts, [provides] cardiovascular [exercise] or they can learn to swim, which is very valuable. There is also a diving class, which is a great class," Nethery said.

"They can expect supervised fun," she said. She said for those who are students at CWU, it is free to swim during the "open rec swim times" and all you need is to use your card.

She said from 8 a.m. to 3 p.m. academic courses are in session and there is not a high or low traffic time.

She said that there are many variables toward that and it's mixed such as yearly class times.

Debra D'Acquisto, a Coordinator in the Physical Education Activity Program, said that open swim is four days out of the week beginning at 6 a.m.

It "goes to about 7:30 a.m., also at that hour club swim trains," D'Acquisto said. "On Tuesdays, for years, [the pool has] been reserved for the ROTC program to come in and train."

D'Acquisto said she believes ROTC

Tuesday exists because both the Army and Air Force have many health pieces in their program that involve water, but she can't say that is the official reasoning.

"That's a great question," D'Acquisto said.

"I think students that are here at the university should take advantage of any personal growth courses whether it be in music, whether it be in physical education, anything while they're here they're going to get a much better value and a great teaching experience than if they were going to say, 'Well I'll learn to swim after I get out of college,'" D'Acquisto said.

D'Acquisto said that the first reason students typically don't come to the pool is because students have to pay to swim when it is not open swim.

She said individual expansion is the second reason.

She said during the 10-week quarter, swim classes are only offered a few times during the week, another deterrent for students.

She said the teachers who are in the pool know what students are engaged with while they're in school.

"We understand 'I have a lab at the next hour, can I get out of the water at twenty minutes of the hour?' Absolutely," D'Acquisto said.

"Go. Students that might have a lab on one day, not on the other [ask], 'Can I get out early?' We as instructors understand when midterm weeks are, we understand that stuff comes up."

Using all your body parts, cardiovascular [exercise] or they can learn to swim, which is very valuable.

-Debbie Nethery, Aquatic Supervisor

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# LIVE ...

# Central!

ENJOY CONVENIENCE, VALUE, AND ACADEMIC FOCUS.

WE CAN'T WAIT TO *welcome* YOU TO CAMPUS!

**FRIDAY, SEPTEMBER 15**

*First-Year Students Move-in*

**SUNDAY, SEPTEMBER 17**

*Transfer and Returning Students Move-in*



LIVE ...

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