Wildcat football ends its season with a loss during last Saturday’s game
~ See page 13

BY DAISY PÉREZ
Scene Editor

A 13-year-old George Moreno packs his red suitcase. He then sits on the edge of the guest bed and looks up at the family picture of his aunt and uncle, Monica and Jason Stachowiak, smiling wide. He’s stayed with them all summer in Graham, Wash., and dreads going back home to Los Angeles. He knows what he’s going back to.

A 7-year-old George sits on an old beige love-seat watching TV when his mother sits on a chair and turns off the TV. She explains to George why she is cheating on his father.

“He’s never home enough. This guy actually pays attention to me.” George stares at her while she continues ranting about her husband.

George hauls the heavy luggage up the creaky staircase. His aunt, a short woman in a plain blue shirt and jeans, runs her hands through her short, dark, fluffy hair. She caresses her pregnant tummy while George says he’s ready to go.

On a warm day in L.A., 7-year-old George’s friend comes over to show off his new flip phone. George shows off the $20 he got from doing chores.

George’s grandma—his mother’s mom, who only speaks Spanish—yells at him because she thinks the friend is trying to sell his phone to him.

“Petting dogs, eating waffles, knitting and video games. Find out how CWU destresses for finals.
~ See pages 8-9 & 12

BY ERIC ROSANE
News Editor

The first thing that CWU Board of Trustees (BoT) Member Emily Washines does every morning is log into the social media accounts for the Yakama Nation Fisheries in order to interact with their tens of thousands of followers.

She then helps her three children get ready for school. And, if she has time during lunch or later in the day, she might get to writing the novel she’s been working on since the beginning of November.

“It’s a really good creative outlet. I think in life, people should try to have stretch goals, no matter what that is. Where you have a really big goal and a very specific time frame in mind to get it done, and you just stretch for it. I think that can really push and help motivate you towards the direction you want to go,” Washines said, detailing the 1,600 words that she devotes each day to the novel.

Washines is the BoT’s newest member, having accepted her position from Gov. Jay Inslee late last October. She is currently the only member on the BoT that is also a member of the Yakama Nation.
The complex procedures behind license denials

By Miles King
Staff Reporter

Are you thinking about opening your own tavern or dispensary? There may be more steps to obtaining a cannabis license to sell than you think.

Obtaining the proper license is the first step in your business plan. Liquor and cannabis licenses are distributed by the Washington State Liquor and Cannabis Board (WSLCB).

The licenses overlap in some areas but differ greatly in others.

“The needs of a brewery are different from that of a marijuana dispensary,” said Mikhail Carpenter, a spokesperson for the WSLCB. Both licenses require a business license with both liquor and cannabis retail as endorsements, similar to a motorcycle endorsement on a driver’s license.

To start the process of a liquor license, a business license must be attained first. After that, there are two options for liquor licenses. The first is a retail liquor license, which includes businesses such as grocery stores or restaurants. The second is a non-retail license, which includes businesses such as wineries or breweries.

Retail applications are accompanied by a $75 fee, according to the WSLCB website and all applications are encouraged to be submitted 90 days prior to the opening of a business.

The board may deny an applicant licensing for a number of reasons. The first is not meeting all basic requirements of the license. The second could be from local objection from the city the business is planned to be established.

It is important to note that the WSLCB is not accepting retail marijuana license application at the moment.

The third possible objection is from local institutions within 500 feet such as schools or churches. The fourth questionable funding or indications of hidden ownership.

The last obstacle is criminal history, which is rated on a point system by the board. According to the WSLCB website, if an applicant reaches eight or more points, “the board will not normally issue a liquor license.”

The cannabis retail license also starts with a business license from the state. The cannabis retail license also requires a $250 application fee along with a $1400 annual insurance and renewal fee. A marijuana business owner cannot have more than three total businesses and may not sell produce under purchase price, according the WSLCB website. It is important to note that the WSLCB is not accepting retail marijuana license application at the moment.

The board may deny an applicant licensing for a number of reasons. The first is not meeting all basic requirements of the license. The second could be from local objection from the city the business is planned to be established. The third possible objection from local institutions within 500 feet such as schools or churches. The fourth questionable funding or indications of hidden ownership.

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Happening on the holidays everywhere! Hope you all had a great break and are excited for the end of the quarter. I just want to take the time to say that I am very thankful to all of our readers and thank you for taking the time to read the paper and find out what is going down on your campus.

Since this is the last issue I guess I will give you some helpful advice before the holidays; whether you celebrate Kwanzaa, Hanukkah, Christmas or nothing at all take the time to be with the people who matter and not worry about all of the craziness.

I will go on record saying that I celebrate Christmas as the day that God sent his son to be the savior of the world, but I will also acknowledge that I enjoy the presents and the food.

I am, however; not a fan of how commercialized Christmas has become. I despise that as soon as the season starts we become inundated with commercials featuring the latest toys, electronics, cars and gadgets.

We are told that in order to have a real Christmas we need to practically put ourselves into debt in order to have a giant dinner and a mountain of presents.

Like I said before, I enjoy getting presents and the food is wonderful, but I also think that the real joy of the holidays are the times when we slow down and just enjoy our families.

As college students we often have busy schedules filled with work and classes that leave us with hardly any time to see our families. So when we do get a long break to head back home, we finally can catch up with loved ones. Still though, many of us don’t use the time to slow down and to just “say” yes.

My family has a few traditions that we do before Christmas and they are all special to us. We like to go to Seattle to see the lights and the gingerbread houses at the Sheraton hotel highly recommended, they are really cool, and we also decorate gingerbread houses.

The gingerbread house decorating is my favorite because we each choose our own themes. My house has been a sharknado attack, a hobbit house and a love shark.

Even though we can get pretty crazy, we still have a great time and the night is all about us being together.

This holiday season, don’t worry so much about buying tons of presents or running around trying to do everything.

Find one or two things that you can do with your families or loved ones and take your time with those. In the end, you will treasure those memories more than you will those presents that you keep for a few years then get rid of.

So when your mom asks/tells you that you are going to go get pictures with Santa, don’t play the “I’m too cool for that cant!” and go get a picture. Your mom will appreciate it, and in time, you will too.

Merry Christmas, happy Hanukkah and Happy Holidays Wildcats.

See you next year!

Signed, Sarah J. Hoot
Editor in Chief

Quote of the Week
It’s about cultural identity. It’s about recognizing that an entire database of knowledge is contained within one native word. In order to protect the resources and improve them, we have to understand what that knowledge means.

~Emily Washines, BoT Member. Page 4

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Future VP position will oversee large changes

By Kejuan Coleman
Staff Reporter

Associate Vice President of Campus Planning and Facilities Management will soon have someone to fill the seat. The new associate vice president’s main task is to make sure there is a focus on the maintenance work that has been deferred due to having a much larger focus on large-scale projects these last few years. Almost 40 candidates have applied for the position so far, but after careful review by Dr. Joseph K. Han and other cabinet members, the number has been narrowed to three.

Dr. Joseph Han’s job is to support and remove obstacles that slow the group down by overseeing several departments. He’s responsible for the Division of Operations that include Information Services, information security, Institutional Effectiveness, Facilities Management, Safety, and Parking Services.

According to Dr. Han, the duties of being the Associate Vice President (AVP) for Campus Planning and Facilities Management are responsible for two units.

The first unit the AVP is responsible for is the campus planning group. Their job is in layout the master plan for the campus, secure funds for capital projects, and go through all of the required steps to find new architects and contractors to build new buildings.

The second unit that the AVP is responsible for is facility management. This unit is responsible for the routine maintenance around campus. They also have a lot of work that is considered non-routine maintenance, which includes small renovations such as renovating offices or fixing things that are broken.

Who Will Be Hired?

Here are the three candidates out of the forty that applied for the Associate Vice President of Campus Planning and Facilities Management. Here is a brief overview of the three candidates according to the Central Washington press release.

John Morris, who previously served as Associate Vice President for Facility Services at Northern Arizona University and as a director of Facilities at the University of Colorado Boulder. John has an extensive knowledge of the campus facilities operation processes.

He has experience with different aspects of maintenance with operations and housekeeping of facilities and grounds in a higher institutional setting. He has experience with capital planning for many different facilities and also campus infrastructure.

Jon Lebo, who previously served as the Director of Major Capital Projects and Capital Planning and Development at the University of Washington and as a Senior Director of Special Projects Group and Capital Projects Office, also at the University of Washington.

“My primary goal is to continue to raise the bar for delivering well-managed projects that benefit my customers and the University. As University of Washington President, I provided strong leadership for my team members using transparency and process innovation in a wide range of construction projects,” Lebo said.

Amr Abdel-Azim, who currently serves as Senior Architect at Michigan State University, and previously served as Senior Executive for Capital Projects at Rensselaer Polytechnic Institute. He has over ten years of leading large multidiscipline, multi million dollars operations. He utilizes persistence, technical expertise, sincere, and interpersonal skills to establish and build long-term relationships with diverse groups of people,” Abdel-Azim said.

The focus on the last couple years has been campus planning, which means that the focus has been on large-scale construction and building. By focusing on campus planning more, the maintenance projects that need to be done have been deferred and now are the focus.

“We once know the maintenance work is scheduled and taken care of regularly, then we’ll know how many people to put on the non-maintenance work. We are definitely prioritizing, we’ve made a list of everything that needs to be done on campus and it’s a lot of work, and we are now scheduling people to make sure the work

Meet the Candidates...

Amr Abdel-Azim
Masters from Michigan State University (86)
Senior Architect at Michigan State University (2006-Present)
Senior Executive for Capital Projects at Rensselaer Polytechnic Institute (2002-2006)

John P. Morris
MSME from Colorado State University (88)
Associate Vice President for Facility Services at Northern Arizona University (2012-2017)
Assistant Director, Facilities Operations at Colorado State University (1983-2005)

Jon Lebo
BS. from University of Washington (98)
Senior Architect at Sheridan Development & Consulting LLC (Oct. 17-Present)
New BoT member brings a Yakama native perspective to the table

Washines graduated from CWU in 2006 with a degree in public policy and political science. At CWU, Washines had intentions of majoring in health policy, but was deterred away from that major with guidance from CWU Adjunct Professor Rex Wirth, with whom she would later go on to collaborate with on a chapter in 2003 on indigenous water rights.

“I just think that because of the size of Central, you can develop and have those kind of learning opportunities as well as potential publishing opportunities,” Washines said.

The Yakama Nation Fisheries is where Washines currently works in public relations. Before she established roles with the CWU of Culture and Environment and accepted her role with the BoT, Washines had developed a great connection and curiosity for the activities and people surrounding both the native and local community.

Raised in Toppenish, Wash. with her four other siblings, Washines learned early on about the importance of preserving native language, art and culture. Her mother and father made sure that Washines would learn a lot about the history and traditions of the Yakama nation. From an early age, Washines remembers attending pow wow dances and learning basket weaving from her aunt, a tradition that she still practices to this day. Washines distinctly remembers watching the tv show Felicity and making beads in between classes at Yakima Valley Community College.

She enrolled at Yakima Valley Community College (YVCC) directly after high school, and for a semester in between classes would go on to study the preservation and languages of native nations in Alaska. When Washines returned to Washington to finish her transfer degree, she brought back a perspective that greatly affected the way she viewed her culture and role within the Yakama Nation.

“It’s about cultural identity. It’s about recognizing that an entire database of knowledge is contained within one native word. In order to protect the resources and improve them, we have to understand what that knowledge means and is,” Washines said. “If we’re not using the language that was historically used, we’re missing entire sets of information.”

Before transferring to CWU, Washines worked for Governor Gary Locke from February to June of 2002 as an education intern. She received 12 total credits through YVCC. During her time with Locke’s administration, she was able to work in many different programs within education. She would often find herself speaking to librarians all around the state and help to instill programs that helped to boost statewide literacy rates, such as the Read Across America program.

When it comes to being a student and gaining experience within a selected field, Washines believes that those extra steps you take outside the classroom make all the difference.

“If there’s something that feels like a very long term process, I would recommend trying to almost go the other way and see ‘what can I get involved with that could just be done maybe this month, or in this quarter,’” Washines said. “That aspect of seeing something from start to finish really helps you grow.”

With the BoT, Washines hopes that she can contribute to the overarching plan that has been established within the board. Improving retention rates and keeping enrollment rates up are just some of the big picture items that Washines hopes that she can help improve.

“Emily brings tremendous expertise to higher education, especially with regards to student life. She was born and raised in Central Washington, where about a thousand of our students and all of our staff live. She’s worked on capital budgets in the past, so I’ve known her for a while... We’re really looking forward to having her on the board. She just fits right in,” Secretary to the BoT Linda Schactler said.

Emily Washines, CWU Alumna, is a member of the Yakama nation. She was formally accepted as a BoT member on Oct. 24.
Eating vegan at CWU? Not so simple

By Jason Morales
Staff Reporter

Some students have specific dietary restrictions that are difficult to keep up with, especially for those who live on campus and eat primarily on campus. Dining Services tries to keep up with the needs of students following gluten-free or meat-free diets.

While Dining Services has dealt with those needs in the past, it has mainly dealt with specific dietary groups who have bigger numbers than other groups. The vegans at CWU have a tougher time getting around the menus that Dining provides.

Judy McNeil, program coordinator for Dining Services, said that vegan options are not as substantial a priority than other diets.

Administrative Assistant for Dining Services Mariana Cruz is a vegetarian. He mentioned that no one has spoken up about the need for more vegan options.

“If we were more [concerned], then we will do something about it,” Cavittis said.

He mentioned that Dining Services had a vegan option menu before, but no one really ate from the menu. If there was a need to have kept it, then they would have, according to Cavittis.

He did point out that there are food items in the CWU Marketplace that are vegan. The marinara sauce is 100 percent vegan. A taco salad, if you leave out the cheese and meat, is also a vegan option. The salad bar is also a popular vegan option.

Due to Holmes’ ever changing menus, that place might not be the most consistent place to get vegan food. They can definitely get a baked potato, but other than that, Holmes was geared more for gluten-free people.

“Gluten free eaters are more vocal,” McNeil said.

“By all means, please send us emails and hit us up on social media if you want something added to the menus,” Cavittis said.

These are the choices for vegans on campus, but what do you do if you live off campus? Finding food and planning meals can be a whole different beast on its own. CWU Student and Vegan Mariana Cruz has some tips for other vegans in Ellensburg.

She has been living without meat for three years now. For the first two years, she was a vegetarian, but now she is a vegan. One of her secrets of being vegan is her grocery list. She mainly buys fruits and veggies, but at times she will purchase mock meat. She brought up products like Gardein, which is meatless food.

“It’s not too expensive, but if that’s all you buy, then it will cost you,” Cruz said.

Even if you’re purchasing food and meals from the supermarket, you’re going to want to eventually go out soon.

Cruz mentioned that if a vegan wanted to go out to eat, Subway has vegan bread and pizzas can be made for a vegan diet. “Order pizza with no cheese, BBQ or marinara sauce with a whole lot of veggies and thin crust because the rest aren’t vegan,” Cruz said.

One hobby she has gotten more into since she has gone vegan is cooking.

“It was hard to get used to only eating veggies, but your taste buds will get used to it,” Cruz said.

She also mentioned that while cooking, most people forget to use spices, which is usually why one does not get used to their cooking.

Contact Dining Services
Dining Services can be contacted on Twitter, Facebook and through email @CWUDining and dining@cwu.edu.

CWU dining services has a limited selection of vegan food for purchase, but many options can be found off campus.

Cats prepare to take on the capital

By Xander Fu
Staff Reporter

CWU’s Lobby Day, headed by ASCWU VP of Legislative Affairs Michael Scott, has been rebranded as Cats at the Capitol and is officially scheduled for Jan. 26. More than namesake has been changed.

A new format is aimed at increasing effectiveness, attendance and interest.

“The legislators in Olympia see the same lobbyists. They see the same staff members every single day and when you show up with 100 students who are passionate about issues and want to talk about issues that affect them in their day to day life, the conversation changes,” Scott said.

Cats at the Capitol is the annual lobbying day for CWU students to showcase the campus to Olympia by the busesloads in order to connect and discuss state policy with Washington state senators and legislators.

Registration is open now and closes Jan. 10. Students can register at the Center for Leadership and Community Engagement office. Cats at the Capitol will be a free event for all students.

Though both Scott and ASGWU President Giovanni Severino emphasized their intention to focus on issues coming from CWU students, they expect Marketplace that are in a greater amount. College affordability and various social justice issues are to be discussed.

One of the advocacies that ASGWU is leading is the effort to freeze tuition in order to prevent it from increasing, as it has been increasing by two percent each year according to Scott. Expanding the state need grant and reducing textbook prices are also goals.

Cats at the Capitol also aims to make Green Dot training more accessible. Green Dot has to do with sexual assault prevention. Severino also mentioned the push for gender neutral bathrooms, which CWU has advocated for highly within the last couple years.

Training sessions for participants will be held in the weeks leading up to the event. This is to teach students how to make their points clear when meeting with legislators. The training sessions will also provide more information regarding the issues.

“The legislators are in such a time crunch. Everyone wants them everywhere so we need to know how to effectively get their attention,” Severino said.

History
According to Scott, Cats at the Capitol, or some iteration thereof, has been happening for the last 20 years.

“Lobby Days have been really productive historically,” Scott said, adding “Washington state is the only state to have dropped tuition ever.”

Aide from tuition, Scott mentioned recent wins for CWU. Two years ago, sexual assault victims were not entitled to the same confidentiality on campus as they would with an off-campus primary care physician, according to Scott. This is no longer the case.

Scott also mentioned the implementation of more ballot drop boxes near multiple Washington Universities including CWU. This helps boost student voter participation.

Last year Scott worked under his predecessor, JR Siperly as CWU’s in-house lobbyist in Olympia. He helped pass several bills in his time there. Among others were HB2937 and SB512 which established a disability task force and a greater presence of drop boxes, respectively.

Scott also made numerous connections with Olympia legislative figures during his time there.

“All of those bridges I’ve built, I want students to use them as well,” he said, referring to his time spent in Olympia this last winter.
“Quite cumbersome and a lengthy process”

With over 150 official clubs, ASCWU looks at what they can do to streamline club management

By Samuel Beaumonte
Senior News Reporter

With nearly 150 official clubs on campus, CWU has hit a record amount of student involvement within ASCWU. The process to maintain a club has caused some students to feel overwhelmed and confused.

“Following Thanksgiving break, we’re going to meet up and discuss what we want to do. We’re going to be contacting different third party vendors about our options,” Stan Southern, the Vice President for clubs and organizations said.

Southern is responsible for maintaining the standards and policies for which clubs and organizations on campus need to follow in order to be recognized. Southern is looking for organizations that can help with club organization, recognition and communication; three aspects that students told him were important when it came to their clubs.

“We’re supposed to be providing support for the clubs and it’s not always smooth. The only thing that clubs should have to worry about in the school year is getting students in the club and keeping them engaged,” Southern said.

ASCWU is encouraging this development with plans to reduce the steps needed to get a club recognized by curtailing the current page-long requirements down by half.

“I’m really passionate about the clubs and making sure they have everything they need. I’ve started doing weekly emails to clubs and started an anonymous suggestion box outside my office,” Southern said.

However, with the record amount of student clubs—which includes roughly 3,300 students—problems have started surfacing in the decade-old online technology. This is something Eric Bennett, the academic senator for the history club, has experienced.

“We were recognized by ASCWU this fall semester and we got the forms filled out, but the online staff had found out there was an issue. The two systems weren’t merging our information, so we still weren’t recognized,” Bennett said.

The method for maintaining clubs is about a decade old and is one of the things that ASCWU is looking at getting replaced by talking to third party vendors.

“There’s not a streamlined process for club recognition right now. It can be quite cumbersome and a lengthy process,” Jeff Rosenbary, the executive director of student involvement said.

Rosenbary said that the process that they’re using now was the same that they used when he was a student here working as the VP of student life and facilities.

“We’re looking at a site that clubs can be registered automatically and be connected to accounting and scheduling,” Rosenbary said. “It allows for consistent regular tracking as well as historical data.”

As the quarter progresses Bennett believes that communication has been improving.

“We’re supposed to be providing support for the clubs and it’s not always smooth. The only thing that clubs should have to worry about in the school year is getting students in the club and keeping them engaged,” Bennett said.

ASCWU is encouraging this development with plans to reduce the steps needed to get a club recognized by cutting the steps needed to get a club recognized by curtailing the current page-long requirements down by half.

“I’m really passionate about the clubs and making sure they have everything they need. I’ve started doing weekly emails to clubs and started an anonymous suggestion box outside my office,” Southern said.

“I work for them and if I’m not doing my job to the best of my ability I need to resign. I can’t give up on them and I need to push on. This is not an easy job but that’s no excuse, there was a bump in the road and we’re getting over it now,” Southern said.
If you’re like me, you have no idea what net neutrality is and why it should be important to us. My Facebook feed is filled with posts urging people to reach out to our representatives and educate ourselves about net neutrality.

Net neutrality (NN) is basically why internet service providers (ISPs) can’t slow down or block certain content, websites or applications.

It’s how we have always known the internet to be and our culture revolves around the internet and social media. It only makes sense that it is free and open to everyone.

Millions of activists pressured the Federal Communications Commission (FCC) in 2015 to adopt NN rules that keep the internet free and open. This right to open internet has gone unchallenged until Trump’s FCC chairman, Ajit Pai, worked to get rid of NN.

In May of this year, the FCC voted to pass Pai’s plan to end NN. However, according to savetheinternet.com, people sent in over 20 million comments to the agency urging the FCC to preserve the current NN rules.

Forgoing net neutrality will allow ISPs to basically control access to social media, news and everything else online.

NN is imperative for oppressed communities like the LGBTQ and people of color, who use the internet to express themselves. If we lose this freedom, companies like Comcast and Verizon would be given the power to decide who can speak and who cannot; a direct violation of our first amendment rights.

Oppressed communities use the internet to organize meetings, find opportunities and fight discrimination.

The consequences of losing this internet freedom will be the most devastating to these communities.

With companies being about to block websites they don’t approve of, it could be nearly impossible for activists to fight oppression or for social movements like Black Lives Matter to thrive.

Without NN, big businesses will control the use of the internet and can block access to websites, like small companies that compete with their own.

Currently, access to the internet comes with a base price from an internet provider and we pay for cable and additional streaming services. With the loss of NN, we would have to pay monthly in order to access popular websites like Google and even more money to have faster internet. As a college student I can barely afford internet as it is.

The new bill will also allow the cable companies to choose which services receive faster internet and charge them more for it, which in turn raises our rates.

According to Forbes, ISPs “will be allowed to bundle websites just like they bundle television channels,” though it is unlikely they will because of consumer backlash. However, they can give preferential treatment to providers of their choosing, which will be terrible for oppressed communities and small businesses.

The FCC will vote on Pai’s net neutrality removal proposal on Dec. 14 and time is running out to make a difference.

Savetheinternet.com stated that Pai “wants to replace the agency’s strong rules with “voluntary” conditions that no ISP would ever comply with.” Since the plan was proposed, the agency has been swamped by millions of comments from internet users who want to keep the protections they have now.

To save our free internet, we have to exercise our right to contact our local representatives, leave voicemails, and tell our members of Congress to stop Pai’s attack on net neutrality.
Stressed before finals?
We’ve got you covered

The end of fall quarter is fast approaching and students are forced to start thinking about finals and finishing the quarter strong. This can be a stressful time for students as it can be easy to let the stress build up. It is important that students have ways to deal with the stress and everyone does that in their own way.

Ulises Barron, a sophomore business major, credits school, work and his relationship as things that bring him stress.

Barron often has to work when he would rather be studying or finishing homework and that makes him worry about grades. He noticed that school becomes very stressful around midterms, but then it gets easier once midterms are over, so he tries not to get too overwhelmed.

He recognizes that there will always be things in life that will stress him out so he thinks it is important to be able to find ways to relax.

Barron enjoys going out to bars with his friends to get his mind off things and meet new people. He likes being able to sit and talk with friends while having a few drinks to unwind.

Claire Smith is an undeclared freshman and she said that she procrastinates more than she should. This makes school stressful when it doesn’t always have to be. She doesn’t like big assignments because sometimes she has to do a lot of work in a short amount of time due to her procrastination.

Smith sees finals week as the most stressful time.

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**Finals Week Activities**

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<thead>
<tr>
<th>Activity</th>
<th>When</th>
<th>Where</th>
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<tbody>
<tr>
<td>Bob Ross Paint Night</td>
<td>Dec. 1, 6:30 p.m.</td>
<td>Randall Hall 219 &amp; 221</td>
</tr>
<tr>
<td>Paws and Relax</td>
<td>Dec. 4, 4 - 7 p.m.</td>
<td>Brooks Library Rm 288</td>
</tr>
<tr>
<td>Stress Relief Succulents</td>
<td>Dec. 4, 6 p.m.</td>
<td>SURC 137a</td>
</tr>
<tr>
<td>Dead Day Fun Day</td>
<td>Dec. 4, 6 p.m.</td>
<td>North Hall basement</td>
</tr>
<tr>
<td>Waffle Night at Brooks</td>
<td>Dec. 5, 8 - 9:30 p.m.</td>
<td>Library Fishbowl</td>
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of the quarter because final grades can ride on one test. In order to de-stress, Smith often goes to her boyfriend’s house to play with his German Shepherd, Maggie. Smith recommends everyone should play with dogs if they’re ever feeling down.

Tristan Wall is a sophomore graphic design major and he gets stressed out by deadlines. Wall doesn’t like the pressure that he always feels when a deadline is approaching because he fears missing it.

Wall uses video games to de-stress and reset. Every day after class he plays games online with his friends. He almost always plays with friends because he thinks the games are more fun when there is someone to talk to. Wall plays a few hours each day because it helps him focus on homework later in the day.

After classes, the last thing he wants to do is more work, so instead he focuses on something that is purely meant for entertainment. Once he is done playing video games, his mind is rested and he is able to think about school work.

Brenden Lawton, a sophomore physics major, usually gets good grades. He is not used to doing poorly on assignments but, like everyone, he occasionally gets discouraged by a bad grade.

Lawton makes an effort to go to the SURC to work out at least five times each week in order to de-stress. He goes late at night and focuses on one muscle group per day. Lawton likes that exercising is something that involves just him and he can go at his own pace.

He likes being able to better himself while not focusing on school. While at the gym, Lawton sees a lot of the same people and he thinks that most of them aren’t just there to get fit; they’re there because it’s something that makes them feel good about themselves.

Courtney Clay, a senior graphic design major, gets annoyed by having to do group projects because she sometimes has to worry that her grade will depend on someone else’s work. She also doesn’t like worrying about due dates. Clay likes to stay home to relax because she is happy when there is nothing that is demanded of her. One of her favorite hobbies is knitting and she knits scarves for friends while watching sitcoms on Netflix.

She doesn’t use a pattern while knitting because she likes having the freedom to be creative. Knitting is something that has nothing to do with her career or school so she can just have fun with it.

School work causes many students to be stressed out but everyone has a way of dealing with it. Whether it is a specific activity or simply finding time to relax, destressing is an important part of life.
Many children think hospitals are scary places and are afraid of them, but that’s where the child life specialists come in to help. They help bring smiles to kids’ faces by playing with them in their hospital rooms. The CWU Child Life Club has been around for three years and continues to grow every year. Child life specialists are people who work with children in a hospital setting and this club helps students become experts in the field.

The students take field trips to nearby hospitals and talk to the children in an effort to make their day better. Students learn how to play with children who are stuck in the hospital in hopes to make their lives more enjoyable. It also serves as a way to give their parents a break. The students also provide company to children and their families while at the hospitals.

“I get to leave the hospital and the kids don’t get to leave. It’s amazing how small the kids can be and fighting against something so horrible,” said sophomore Kelsey Alwine, vice president of Child Life Club.

“Child life specialists work with children and have them answered here.” Querin said.

The students are not required to earn a nursing degree or take any nursing classes, so they don’t need to wear scrubs when talking or playing with children. The students need to take classes in order to be certified as a child life specialist, but no medical background is required. Amy Claridge is the Assistant Professor and Program Director of the Family and Child Life major. She has been an advisor for Child Life Club for four years.

“Child life specialists are people who work with children in a hospital setting and this club helps students become experts in the field.” Alwine said.

“A club member visits and chats with a young girl. Club members visit hospitalized children several times during the quarter.” Mikaela Nickolds/The Observer

Dear Dr. H,

What’s the best way to keep up masturbation so I am not falling asleep all day?

Dear student,

Healthy food, exercise, and quality sleep are your best bet. I know many students are in the habit of breakfast, but starting your day at a deficient will put you on the fast track to sleep – and the vicious cycle will continue. Avoid intense exercise, Netflix binges, stressful work and conversations at night, which can all disrupt your body and mind’s ability to properly relax and shut down at that hour of calm.

If you don’t exercise, think about integrating some movement into your evening or after-noon routine. I can’t emphasize the importance of quality sleep enough! It is so important to health. Students should be getting 8-9 hours of quality sleep each night, and it is imperative to look at your sleep hygiene to make sure you’re doing all that you can to put you on the right path.

In addition to the tips mentioned above, remember that beds are for sleep and sex only. Keep reading, homework, Amazon shopping, etc. out of the bedroom. Incorporate a bedtime routine and stick with it – there are awesome *free* meditation apps (I like Insight Timer) that can help as well. Good luck!

Dr. Jill Hoaxmeier is a public health professor at CWU. Send anonymous public health and sex-related questions to askdrh@cwuobserver.com and have them answered here.
The escape from his personal hell

“George” from page 1

George tries to explain, but because he doesn’t speak Spanish, he fails. She calls his mother and passes the phone to him. “When I get home, I’m going to— you up,” she tells George.

That night he walks to find his mother punching, slapping and yelling at him: “How dare you scream at my mother!” Confused, George tries to explain, but she continues to beat him.

At the crowded airport, George mutes up the courage to ask his aunt if he can live with them.

Hell

“I knew what I was going back to and I didn’t care what my response would have been—just to know that I tried to escape hell was worth a shot,” he recalls.

His aunt examines the black strap of his backpack, and calmly says yes, but they would need to talk to his parents, specifically his mom. George hugs her and says goodbye.

When George lands at the airport in L.A., his father welcomes him with a hug. In the nearest restroom, he tells George that he and his mother agreed that he should go back to Graham with his aunt and uncle.

“I felt fireworks in my stomach,” George laughed.

I felt like instead of making my day, it made my life. I knew things were going to change for the best.

George Murray, CWU student

True family

Monica explains she and her husband had always talked about having George move in with them and attend high school in Graham. He needed to be in an environment that was stable and have the attention he needed as a child, otherwise, “I felt like I was finally living.”

The night before he moved permanently to Graham, he made sure all his clothes, toys and green backpack were in his red suitcase. He then rushed into bed and thanked the Lord that he was leaving and that his aunt and uncle were going to be his true parents. He couldn’t sleep that night and tossed and turned from excitement.

“If I had ever doubted God’s existence, that night proved me otherwise,” George said.

He woke up early as the sun was rising and made sure he had everything he needed packed up 10 pink hair ties, a black strap for his backpack, and calmly placed his luggage in the car and waited until it was time to head out to the airport with his dad—his mom refused to go.

“My aunt and uncle welcomed me like their own child,” George said. “I felt like I was finally living.”

His father knew that he’d have a better education and would not be involved in the violence and chaos that L.A. can sometimes bring. George said his mother seemed sad to see him go, but claims that he knew it was just a mask because she didn’t want him there.

He hasn’t seen his mom in over a decade.

A real home

“When we took him out of his environment that he was used to being in, there was an adjustment period,” Monica said. “I think he was happy and nervous at the same time.”

The day that George was accepted to CWU, she and her husband were excited.

“He’s our first kid to go off to college,” Monica said. “It was a very proud moment for us.”

They continue to support him and happily await his graduation in winter 2017.

George had always hoped to attend college, but was nervous about whether he would be able to do well. The now 24-year-old majoring in Interdisciplinary Studies of Social Sciences (IDS) in hopes of becoming a criminal profiler.

“I wasn’t the best in school, but now that I have been [at college] long enough, I feel more comfortable in my studies,” George said.

College experience

He has attended CWU for about five years and has a small circle of friends. Swamidy Ortiz, a law and justice major, has been one of his best friends since their freshman year.

Ortiz said he has a good sense of humor. “He always laughs and makes other people laugh.”

She has many memories with him, but recalls one in particular. During their freshman year, she and her friend convinced George to let them style his hair in her small dorm room. He cringed but laughed alongside the girls as they tied his dark hair in about 10 pink hair ties.

CWU has been a place where he has made long-term friends and where he has started to plan for his future. George has walked to Safeway and taken the transit bus to Fred Meyer too many times to count. He’s gone out with his small group of friends to his favorite restaurant in town, Ellensburg Pasta Company, and enjoyed the only meal he ever orders, chicken parmesan with a tall glass of pink lemonade. He’s had snowball fights in the gloomy winters and laughed when his friend slipped and landed on a cushion of snow.

A new chapter

“I’ll miss the college vibe,” George said. “That is the best part of education, making so many good friendships, and I’ll graduate soon and go off into the real world.”

After a long academic year, George likes to sit on the edge of his neatly-made bed back home in Graham as he listens to music and plays video games. His junior and high school yearbooks are stacked on a wooden desk by his laptop. Several framed pictures hang on the wall: 14-year-old George stands on a wooden dock in a brown sweater in Alaska and smiles alongside his aunt and uncle and younger brothers; 16-year-old George sits by his uncle and brother on a thick log while at Cub Scout camp; in another picture George sits at the kitchen table with a chocolate frosted cake and smiles ear-to-ear as he celebrates his 18th birthday, surrounded by his family.

“At first it felt odd to live with my aunt and uncle because I still thought I was a guest and would constantly ask if I could get this or that,” George said. “But they’d laugh and tease me, ‘It’s your home, too, you know!’”

Jack Lambert/The Observer

George tells his story about the childhood abuse he endured and how he was able to escape it.
Holidays: Turn isolation to celebration

By Adam Robertson
Staff Reporter

After the last day of finals week, most students use this time to go home and spend the holidays with family. However, a few students stay on campus—less than three percent of the on-campus population.

“Winter break [we’re] housing 75 students,” said University Housing Assistant Director Eric Scott. “For the typical academic year we have 150 students living on campus.”

Those who do stay get to experience the holidays in a different way. This may be the first time in their lives that they are separated from their families over the holidays. Daniel Bouchie, a senior law and justice major and resident assistant, is hoping to stay through the holidays this year. Last year he stayed for most of the break, but was home for Christmas and looking back he feels that he missed out by leaving.

“As it got closer and closer to Christmas people were spending more time [together], they were doing stuff like late game nights and some of them were preparing dishes for Christmas Day,” Bouchie said. “That was the coolest part and one of the parts I wish I could have seen.”

Students who decide to stay over break are moved into the Bassetti complex, rather than having them spread all over campus. This brings together students who might not otherwise have any reason to meet, including the group that makes up most of the winter break residents: international students from the Asia University America Program (AUAP).

“We have 49 students, and they’re all going to stay over break,” said AUAP Student Services Coordinator Mark Westlin. That means that while AUAP students make up less than half of one percent of the student population, they are roughly two-thirds of those who stay on campus through the holidays.

“I remember I would come out almost every day I could, and I’d sit [in the lounge] with an Xbox and play a video game. I’d have residents come up and sit there and chat with me, [and] they’d cook with me. These are people I’d never met before,” Bouchie said. “Some of whom I just assumed weren’t gonna be interested in talking with me, [but] they took their time to do that.”

It’s a community feeling that leads people to spend a lot of time together. That’s not to say students don’t still get a little homesick. It would be hard for them for not to be, but they find a way to not just get through, but to have a good time while they’re isolated on campus.

“It’s tough for some of the students,” Bouchie said. “But it’s really the time when you see community stand out and those groups of friends stand out, and it’s amazing to watch residents take their time … meeting new people.”

Then there’s the climate in Ellensburg. For students from the Seattle area, snow is a rare treat, with an average of three to six snowy days a year. In Ellensburg, snow in December is the rule, not the exception.

“You get this interesting feeling when you’re here: You see all the snow, all the ice, and you’re cooking these meals and you’re hanging out,” Bouchie said. “It’s basically a white Christmas.”

Spending winter break on campus could never be the same as going home and spending the holidays with family, but it is enjoyable in its own right.

“You may not be home, but you’re still having a memorable experience here,” Bouchie said.

Grub on waffles during finals week

By Tai Jackson
Staff Reporter

Chocolate chips, berries, peanut butter and syrup are a few toppings that will line the tables of the Fish Bowl at Brooks Library. Students will take a short break from studying and line up, patiently waiting for their free waffle.

The CWU Brooks Library will be having Waffle Night and giving away free waffles, coffee and tea during finals week. This event is open for faculty, staff, students and community members. No CWU I.D. is needed. Ginny Blackson, Collective Development Librarian and interim Associate Dean at Brooks Library, helps run and plan the event.

Blackson is also in charge of organizing volunteers for the event. Many of the roughly 20 volunteers are faculty and staff members from various departments around campus. They help set up the event around 6 to 7 p.m. Blackson, however, will be preparing hours before the event, cleaning the kitchen and preparing the waffles as early as 4 p.m.

When the event first started four years ago, most of the waffles were made by people bringing in their personal waffle irons and making the food themselves. However, some of the money raised at the recent library gala has been used to purchase industrial waffle irons, which Blackson explained makes the process of making waffles a lot easier.

Blackson talked about her experiences as an undergrad and how she remembered that the president of her college and his wife would do breakfast in the gymnasium for the students during finals week. She explained that this experience stayed with her and eventually introduced the idea of Waffle Night to CWU.

“We wanted to do something in the library that would give students a pick-me-up, but would also give staff a chance to interact with students in a non-crisis mode,” Blackson said.

Maureen Rast, Student Engagement and Community Outreach Librarian, also helps out with the event. Her job is to find different ways to inform students using various promotional tools.

Rast’s rule at CWU consists of coming up with programs for students, while collaborating with off-campus community groups. She explained it as outreach work for both on and off campus.

“We come up with different ways to help students either academically, or help them destress,” Rast said.

During Waffle Night, they serve about 1,600 to 2,000 waffles and 36 gallons of coffee. Students enjoy the fact that they can come back for seconds.

Rast explained that the goal of Waffle Night is to give back to the students and let them know people at the library truly care about them, especially during a challenging time like finals week.

Many students, like Keenan Williams, a senior global wine studies major and ethnic studies minor, appreciate and enjoy the idea of Waffle Night and agree that waffle night should be an event that continues.

“We appreciate the time where we can turn off our minds for an hour and relax,” Williams said. Williams loves attending this event. The lines are long, but it’s worth the wait. Plus, most student don’t seem to mind the lines, since it gives them a chance to take a break and socialize while enjoying their free waffles.

“My favorite thing at [Waffle Night] about three or four times and make my waffles with chocolate chips or whip cream with syrup on it, but of course you can’t forget the traditional waffles,” Williams said.

Even President Gaudino stops by Waffle Night from time to time covering his waffles with peanut butter and maple syrup.
Wildcats fall in the second round

By Natalie Hyland
Sports Editor

CWU fought hard, but fell just short in double overtime. The Texas A&M University Commerce (TAMUC) Lions took the game 34-31 in Ellensburg on Saturday. The loss ends CWU’s season and win streak 1-1.

The Lions made it on the board with 1:19 remaining in the first quarter on a 52-yard run from quarterback Kyle Self. A fumble late in the first quarter put the ball back in the Lions’ possession to end the first quarter.

An early second quarter interception by linebacker Kevin Haynes-his first of the season-ended in a third touchdown for CWU by tight end Kyle Self on a three-yard pass by Reilly Hennessey to bring the score to 21-7 at 2:19 in the second.

Austin Perrelli of CWU found the endzone four minutes later with 6:09 left in the first half on a single yard run to bring the score to 26-7 to end the first half.

In addition to Haynes’ interception, linebacker Sean Elledge and sophomore Billy Greer also recorded their first career interceptions in the second quarter.

“A big play like that happens, especially deep in the red zone... it change[s] the momentum quite a bit,” Hennessey said.

When play resumed in the second half, the Lions opened the second half scoring at 1:19 on a 25-yard rush by broadband Hale, bringing the score to 28-14.

Elledge recorded his second career interception at 11:40 of the third quarter to give the Wildcats possession of the ball at their own 43-yard-line.

The Lions returned the favor with 1:19 left in the third quarter as linebacker Garrett Blaugh intercepted a pass by Hennessey.

“They (TAMUC) just kind of chipped away and got some momentum,” linebacker Kevin Haynes said. “You can’t expect to hold an offense like that down forever.”

With three seconds left on the clock, the Lions found the endzone on a four-yard pass to Buck Wilson by Luis Perez, but the play fell under review.

After that point, the Wildcats answered back with a carry to work their first down. The second down put the Wildcats at the Lion four-yard line, as CWU used their timeout.

As play stopped on the third down, a Lion’s player fell with an injury to his right leg and required assistance of the trainers to leave the field.

CWU kicker Gavin Todd kicked a successful field goal to bring the score to 31-28 and the game went to double-overtime.

After four CWU downs, the score remained tied at 31-28. By accepting TAMUC the chance they needed to secure their victory and end the Wildcats 11-1 streak.

“This was a great season for us,” Shoemaker said. “I’m really proud of our senior group. There’s a lot of guys that have played a lot of football for us and have really gotten this pro-

By Observer Staff

The women’s rugby season is officially over and the general feeling in the team is that it was one of the best they have ever had.

Although CWU didn’t win the national championship (they lost in the semifinals to Quinnipiac), they gave it their all, and bonded more than they ever have. CWU finished the year with an overall record of 5-3, ranked third in the nation.

Two weeks before the season began, the Wildcats were still without a coach in the wake of Mel Denham’s departure to coach at Harvard. With no one to replace her, the team was in trouble and players had to step up to help the team.

While the team did have help from former CWU players like Cassidy Meyers as well as coaches from men’s rugby, there was no central leadership. Men’s assistant coach Trevor Richards took the interim job just before the season began with Meyer coming on as his assistant coach.

“Even having an interim title, he was our head coach,” team captain Leah Ingold said. “We respected him, he respected us. And because of that, I think our season went really well.”

Richards has worked with men’s rugby at CWU in the past, various teams around the country and even some private organizations. He came onto the women’s team unexpectedly and on short notice.

“I came on so quickly that I didn’t have a whole lot of time to think about what [the season] was going to be like. I knew the team was good and that we had a shot at a national title,” Richards said.

“This is easily one of the best experiences that I have had.”

Richards is hopeful that he will come back next season to coach the women’s team, and has applied for the position. He is still going to work with the men’s team in the winter and spring, as an assistant coach.

“I will take whatever comes, whether it is with them, or getting an assistant position with the men,” Richards said. “I don’t know what will happen, but I would like to work here at Central.”

The semifinal proved especially challenging for the Wildcats. CWU was ahead by 12 with just over 20 minutes left of the game when Quinnipiac scored 21 unanswered points to win. Watching the lead slip away to a team that CWU had beaten in the regular season was, for senior Ashley Rolmana, the worst part of the season.

“It was definitely rough, heartbreaker loss,” Rolmana said.

“Especially to a team like Quinnipiac who we have always had this sort of rivalry with... at the end of the day, I wouldn’t have wanted to play with any other group of girls out there, I think that we gave it our all.”

This was Rolmana’s last year playing with CWU, and short of winning the national championship, she felt this was his best season.

“It was a great final season: the team and the coaching and how we played together how we dealt with conflict. I think it was a great way to finish my 15’s career.”

Ingold and Rolmana both agreed that the main reason that this season was one of the best was because it was fun. Ingold believed that the bonding that the team went through this year was something that the team needed to experience, and because of it, the team played better.

“It’s different than previous years, I feel like there is a whole other level of respect and trust and compassion on the team, and I am conﬁdent of going on the field,” Ingold said. “Seeing that come to life was the best part of my season.”

Due to the fun that Ingold had this season and the family bond that the team now shares, she is already excited for next season.

“I am ready for a comeback. It is our time to beat Quinnipiac,” Ingold said.
Welcome to collegiate athletics, freshmen

By Anna Eyears
Staff Reporter

Every year the CWU CVU athletic department hands out a select number of scholarships to promising young athletes. For many high school graduates these scholarships signify all the hard work they’ve put in.

The collegiate recruiting process sees athletes who send in highlight films that provide their prospective coaches with a sense of their gameplay and training. Freshman middle blocker Kylie Yamashita said her recruiting process was exciting and relatively easy.

“Being that I was from Hawaii, Mario [Andaya] and Chloie [Soban] really made a point to reach out to me in order to make sure that I had all the information in order to get recruited at Central Washington,” Yamashita said. The Portland, Ore., native chose CWU over other schools such as The Evergreen State College, Western Oregon University, and Linfield College.

“Being that I was from Hawaii, Mario [Andaya] and Chloie [Soban] really made a point to reach out to me in order to make sure that I had all the information in order to get recruited at Central Washington,” Yamashita said.

Yamashita said, “I tried like I gained a lot more experience training that play at a higher level.”

Many athletes move to a more demanding schedule once they commence their collegiate sport. Freshman setter and defensive specialist Sarah Abasalmon said the transition into collegiate volleyball was a huge adjustment.

“It can be difficult being a freshman on the team,” Abasalmon said. “You’re got school and then you’re also away from home for the first time. I’ve always had volleyball in my life, but I’ve never done it every day for three hours a day.”

Abasalmon said she enjoyed the structure and commitment being a part of the CWU volleyball team gave her. "It’s a real commitment, but it’s nice to have that immediate group of friends and support going into college," Abasalmon said. "It’s also great having an automatic activity outside of school that you can have fun with and rely on. All of the girls...are great role models and great girls on and off the court."

Freshman defensive specialist and libero Robin Meador said she felt she had improved immensely since joining the CWU volleyball team.

“I’ve learnt to put it all out there every practice. You won’t get what you want out of it if you’re not giving it your all.”

Robin Meador, Defensive Specialist

“I’ve learnt to put it all out there every practice. You won’t get what you want out of it if you’re not giving it your all.”

BY SIMO RUL
Senior Sports Reporter

The CWU women’s basketball team is heading to Alaska to begin conference play. They will face the No. 1 team in the GNAC, Alaska Anchorage, on Thursday Nov. 30 and Alaska Fairbanks on Saturday Dec. 2. The CWU women’s team won a game at Alaska was during the 2012-13 season when they defeated both teams.

Last year Alaska Anchorage was 30-2 overall and 20-0 in the GNAC. They won the GNAC title after defeating Western Washington University 79-70 in the finals. They’re entering the season ranked No. 1 in the region and No. 4 in the nation.

The Wildcats lost both games to Alaska Anchorage last year. The first meeting took place in Alaska on Jan. 12 with Alaskan winning 86-48. The second matchup was in Ellensburg on Feb. 11, where Alaska won 69-48.

Alaska Fairbanks finished last season at 13-14 overall, and were 9-11 in the GNAC. Fairbanks beat the Wildcats in Alaska on Jan. 14, 69-56. CWU came out with a close 69-66 win in Ellensburg against Alaska Fairbanks on Feb. 9.

Head coach Randi Richardson-Thorley said that Alaska is a tough trip because there is a lot of travel involved. This is the first in conference trip for the Wildcats and they know that they can’t simply expect a win.

“We go into Anchorage first, they are a storied program, they play harder than probably anybody in the GNAC. I think we have a good group and depth this year to be able to compete with them,” Richardson-Thorley said.

Fairbanks has made a point to speed up because that’s what they do. We have to be confident in what we do, kind of dictate the pace and stick to what we do.

The Wildcats know what they need to do to come away with positive results on this trip. They have to come up with stops. The Alaska teams pose different challenges, so the Wildcats will have to be ready defensively.

“The Alaska teams “are fast, they’re athletic, they’re smart with the ball,” senior forward Taylor Baird said. “It’s just about playing solid defense and not giving up easy things.”

The Wildcats have six seniors excited for the trip, including senior forward Rachel Lorenson.

“The lot of it is mental, it’s been really hard,” Lorenson said. “Since I’ve been here we have yet to win a game at Alaska.”

It could be a good thing for the Wildcats to face a nationally ranked opponent early in the season.

“I think it will be great to kind of see where we are at. We think we can definitely compete, we’re excited to go up there, see where we are at and give ‘em our best shot,” Richardson-Thorley said.

Baird believes that being able to play against a tough team allows the Wildcats to gauge their progress and determine what aspects of their game need more work. With the challenges they will face, they can only get better going forward.

“I’m excited,” Richardson-Thorley said. “I love the Alaska trip, Alaska is beautiful. It’s a good time, you get to spend time with your kids and bond as a group. I think Anchorage is a fun place to play, they get great crowds. I really like Fairbanks and it’s going to be a fun time to go up there.

The Wildcats are currently 3-3 and on a two-game winning streak. They are coming off of wins against Eastern Oregon University 84-70 and Pacific Lutheran University 74-55. Tip-off for both games is scheduled at 6:15 p.m.
Pinson proves vital to CWU rugby

By Observer Staff

When senior Samantha Pinson looks back at her college rugby career, she says one of her favorite memories was making her first trip to the national championship tournament in May 2015. “We weren’t expecting to get there, so we were humbled and really excited to see the outcome,” Pinson said. “It didn’t go our way, but it was still a really good experience.” Pinson has been playing rugby since 2009, so naturally when it came time for her and then-boyfriend John Hayder to choose a university, a school with a rugby club was a must. Team captain Leah Ingold played against Pinson in high school before they joined forces in college. Pinson played at Fallbrook High School in Southern California while Ingold played at Kent-Meridian High School; they went head-to-head in national tournaments. Ingold knows as well as anyone what a force Pinson is on the field. Pinson “shows by example, she doesn’t need to use her voice. She helps the team in a hundred thousand ways. She is simply an amazing player.”

Fellow senior Ashley Rollins is also amazed with what Pinson can do both on the field and in the weight room. “We have this thing on our team called S.P. (Samantha Pinson) Goals,” Rollins said. “It has to do with her lifting and how much of a [dedicated] athlete that she is.” An S.P. goal doesn’t have to be a goal that is set in the weight room or on the field, but it can also be a goal outside of rugby. It can be anything to do with life, from eating to education to personal relationships, Pinson sets an example for the rest of the team. “She’s been a great leader for us and embodies our team and what we stand for, she has a good life ahead of her,” head coach Trevor Richards said. Richards also called Pinson dedicated, driven and an example for everyone. “The thing with Sammy is that she is not much of a vocal leader; she is more of a leader by example,” Rollins said. “Everybody looks up to her, so even if she doesn’t know that she is that much of a leader, it is only because she is not vocal, but her actions speak louder than anything” Rollins believes that Pinson gives 100 percent to everything that she does, citing a training exercise that uses touches in place of tackles. “She doesn’t believe in just a simple, nice little touch, she will blast you, and it is the funniest thing,” Rollins said. “You want to get mad at her but you can’t. That is just how she plays, she goes hard at everything that she does.”

Men’s basketball ready to face SPU

By Hanson Lee Staff Reporter

CWU men’s basketball looks to capitalize on a home court advantage when they face Seattle Pacific University (SPU) Saturday Dec. 2. “We’re actually looking pretty good,” assistant coach Drew Ingold said. “I think we’re better off with our defensive rebounding than we were at this point last year.”

Harris is confident in the team’s progression so far this season, but knows there is still work to be done. “We want to continue to take steps defensively each day and I think we’ve been doing that,” Harris said.

Last year, SPU parted ways with coach Ryan Looney and hired Grant Leep who had previously been the assistant coach for the past seven seasons before taking the head coach role. Leep “has been implementing a new offense,” Harris said. “We’re just gonna continue to scout them to continue to see what their offense is looking like this year and then go from there.”

It’s also noted that the younger players on the team, primarily the freshmen, are able to step up and help the team when needed. “The younger guys just got to be ready when their number’s called,” Harris said. “At this level, whoever’s ready is going to play, whether it’s a freshman or a senior. Our young guys have been playing well so hopefully they will continue to grow and make an impact on the floor.”

Junior point guard, Naim Ladd talked about the team goals going into this matchup and what they should expect to do as a team if they want to come out on top. “One of the biggest things is to play our game and play at a certain pace,” Ladd said. “I think with them, they’re a very good team on crashing the boards, so if we box them out and just rebound and push the ball we should be perfectly fine.”

Ladd, who is going into his third year on the team, is looking to use his experience to his advantage. “I’m just trying to lead the team and be a veteran for the younger guys,” Ladd said. “Playing against SPU this year, I feel like it’s going to be a great experience in just leading my team to get the victory.”

As the team’s starting point guard, Ladd talked about the importance of controlling the floor and getting his teammates involved. “Ninety percent of the time, I’m the smallest guy on the court, so it’s just playing with pride and heart and just playing my game,” Ladd said. “I feel like if I get the right guys into spots and they get me into spots... we should be fine as a team.”

Additionally, Ladd talked about some of the improvements that need to be made as a team in preparation for SPU. “I feel like [our big] don’t get a lot of paint touches, so I feel like if we get our bigs the ball more down the road that will probably open up a lot for us too, for the guards and everybody else,” Ladd said. “If we just feel the post more… that’ll be one of the big things that will help us on the offensive end.”

Senior center, Faquan Niles also talked about the impact that he needs to have on his team going into this matchup against SPU. “I know I’m one of the bigger people, so I gotta be dominant, whether it’s the offensive side or the defensive side. I have to bring it every time,” Niles said. “I have no time to slack off; if I do then I could cost my team.”

Niles explained the mindset that both him and his team need to have if they want to have a good shot in their game against SPU. “For myself, just being prepared that every call may not go my way because most teams are going to try and get me in foul trouble,” Niles said. “As a team we just need to bring it together and know what we need to do as individuals, and then bring it together as a team.”

Freshman Cameron Williams rises over the Wolves’ defense in Saturday’s win.
Traveling with CWU football

By Observer Staff

Wildcat football recently spent seven weekends on the road traveling everywhere from Bothell to Texas to British Columbia. While the majority of the team’s energy is spent on the field, preparing for games and traveling is no small feat.

Typically, there are over 80 people traveling to each game, including players, coaches, and trainers. CWU usually brings about 60 players, the coaches responsible for each division of the team and a few trainers.

When the Wildcats travel they wear “travel suits” consisting of a team sweatshirt, sweatpants and matching shoes. Looking uniform helps put forth an image of the team through everyone in,” Shoemaker said.

The actual process of getting the players to a game is a lot more complicated than just hopping on a bus or plane. The cost of flying the players and coaches is not cheap, so if possible the team tries to take a bus to the game. The only time the team flies is if the game is farther than California.

“We take a bus trip to Seattle, then move the team through security at the airport, fly to where we are playing, then get bused and get on a different bus to the hotel to check everyone in,” Shoemaker said.

CWU usually leaves a day in advance to get settled into their hotel and prepare for the next day. Once they check in, they leave the hotel to get dinner as a team at a nearby pizza or fast food restaurant.

On rare occasions, CWU will get catered meals at the hotel or go to a restaurant where the team can order personal meals.

After eating, the players return to the hotel and have position and team meetings to prepare for the game the next day which include walk-throughs of different plays as a team before going to bed.

In the morning, the players and coaches eat breakfast and hold a quick meeting before going to the field around two hours before kickoff.

After the game, win or lose, the Wildcats pack up and head for the buses. They make quick stops for food and to gather their things from the hotel before disembarking by bus or plane back to Ellensburg to prepare for the next week.

“Play the game, get pizza and get on the bus back to the hotel, travel to the airport to fly home, then do it all over again,” said senior running back Austin Perron.

The final away game of the 2017 season saw the Wildcats traveling to Humboldt State University in Arcata, California on Nov. 11. They won 4-28, bringing their away record to 6-0.

Despite the favorable outcome, coach Shoemaker doesn’t discount the amount of work it is for players to travel.

Traveling “can be an exhausting process and can definitely take a toll on their bodies,” Shoemaker said.

By Observer Staff

We are taught by our coaches to respect and represent CWU when we travel.

Reggie Long, Offensive Lineman

On the road

2017: 6-0 (4-0 GNAC)
2016: 3-2 (3-1 GNAC)
2015: 3-2 (2-1 GNAC)

In addition to people, the buses – and planes on rare occasions – are packed with gear, including Gatorade coolers, gear and medical supplies.

“It can get a little hectic loading up all the gear onto a bus and unloading it at the airport,” said head coach Ian Shoemaker.

“We have a great staff that takes care of that for us and allows the players to get checked in.”

The location of the game usually determines whether the team will be traveling by plane or bus. Regardless, the team has to take a roughly two-hour bus ride to the airport in Seattle.

The Wildcats’ season ended at home in double overtime after Quinnipiac beat the Wildcats 64-43-26. Women’s Rugby will appear in the NIRA semifinal for the third round of playoffs.

The Wildcats’ season ended at home Nov. 25. They are MBK bested Walla Walla 100-64 at home Nov. 25. WBB topped Pacific Lutheran 74-55 (3-3). Volleyball @ WWU 43-26 (Semi-final)

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