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Observer

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OBSERVER

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



Women's basketball looks to continue its winning streak as they head to Alaska.
~ See page 14



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



CWU's Child Life Club visits hospitals to help sick kids and reach out to the community.
~ See page 10

IN OTHER NEWS

Rising from the ashes

By Daisy Perez
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.

- See "George" page 11

A new perspective

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.

- See "BOT" page 4

NEWS

EDITOR: ERIC ROSANE | news@cwuobserver.com

EVERGREEN SCENE

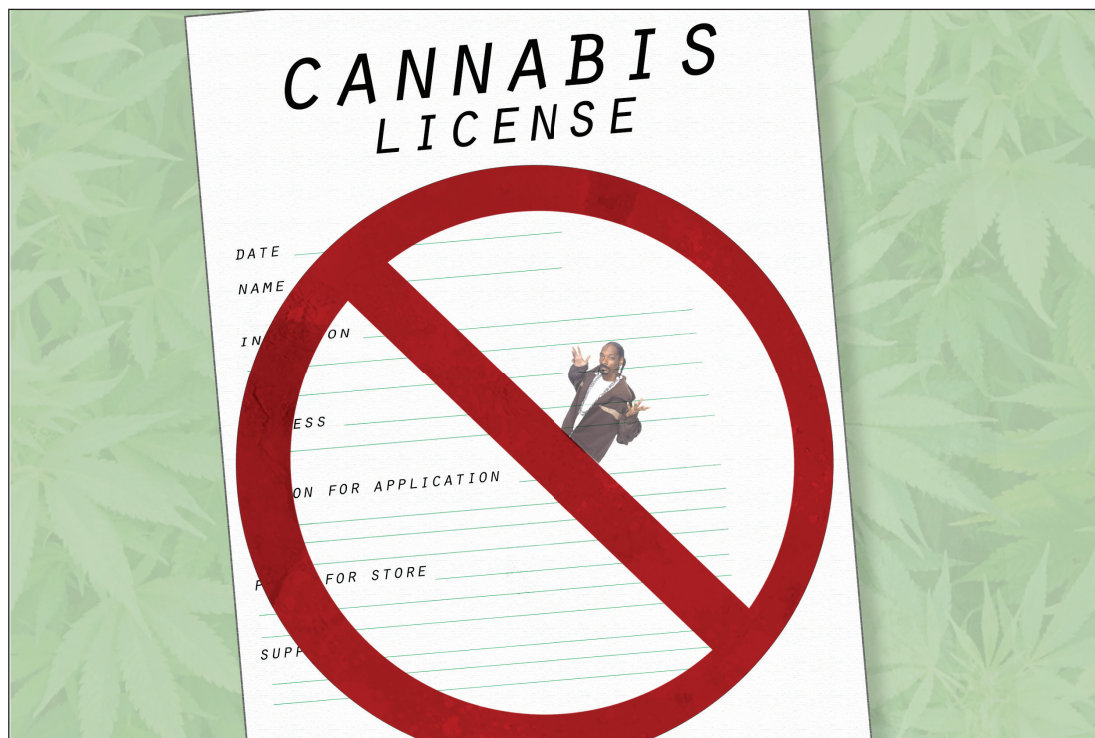


Photo illustration by Jack Lambert/The Observer

Getting a license to sell from the liquor board may not be so easy. Businesses potentially face opposition from the city, the board and community members.

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.

Attaining 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 from 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 li-

quor 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. The second could be from local objection from the city the business is planning to be established.

The process of a cannabis retailer license also starts with a business license from the state. The cannabis retail license also requires a \$250 applications fee along with a \$1480 annual

insurance and renewal fee. A marijuana business owner cannot have more than three total businesses and may not sell product 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.

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.”



Observation Deck

Happy holidays everyone! 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 hopeful 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 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 that I say “nay.”

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 recommend, 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 shack.

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 other 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 card” and go get a fricken picture. Your mom will appreciate it, and in time, so will you.

Merry Christmas, Joyous Kwanzaa, Happy Hanukkah and Happy Holidays Wildcats.

See

you

next

year!

Signed, Sarah J. Hoot
Editor in Chief

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Corrections for the Nov. 9 Issue: Rob Hendrix’s name was misspelled in last week’s Evergreen Scene. He is also the owner of the store, not the “store manager” as stated in the same issue. LJ Lovejoy’s name was misspelled in last issue’s correction section.

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.

Editorial policy: The Observer is a public forum for student expression, in which student editors make policy and content decisions. The mission of the Observer is two-fold; to serve Central Washington University as a newspaper and to provide training for students who are seeking a career in journalism. The Observer seeks to provide complete, accurate, dependable information to the campus and community; to provide a public forum for the free debate of issues, ideas and problems facing the community at large, and to be the best source for information, education and entertainment news. As a training program, the Observer is the practical application of the theories and principles of journalism. It teaches students to analyze and communicate information that is vital to the decision making of the community at large. It provides a forum for students to learn the ethics, values, and skills needed to succeed in their chosen career. If you have questions call (509) 963-1073 or e-mail us at cwuobserver@gmail.com

NEWS

EDITOR: ERIC ROSANE | news@cwuobserver.com

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, 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 and Police and Parking Services.

According to Dr. Han, the duties of being the Associate Vice President (AVP) of 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 to layout the master plan for the campus, secure funds for capital projects, and goes through all of the required steps to find new architects and contractors to build new buildings.

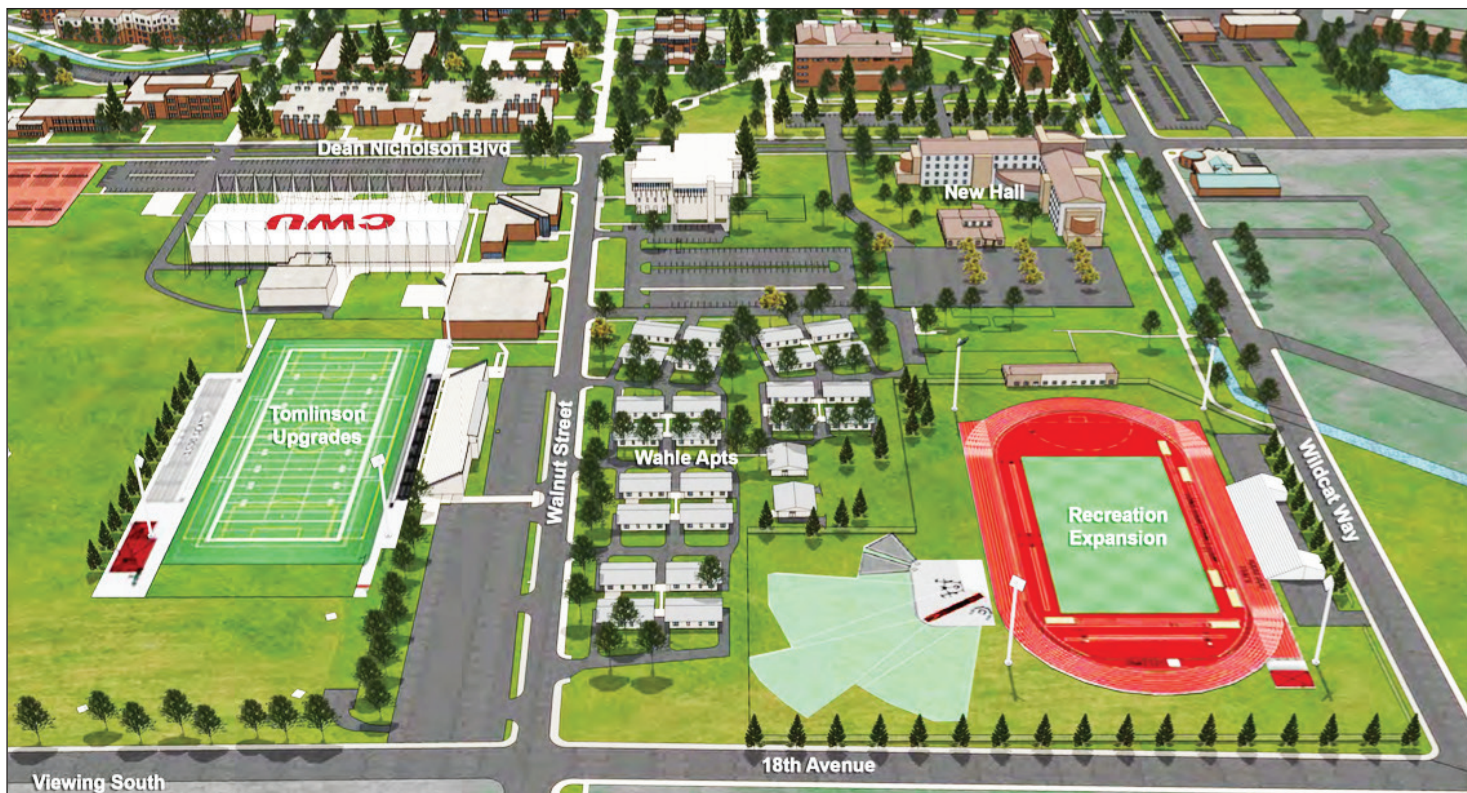
The second unit that the AVP is responsible for is Facility Management. This unit is responsible for the routine maintenance around campus. They also have lot of work that is considered non-routine maintenance, which include small renovations such as renovating offices or fixing things that are broke.

Who Will be Hired?

Here are 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 also 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



Courtesy of Lathan Wedin

The new dormitory would be built on the corner of Wildcat Way and Dean Nicholson Boulevard, where the CHCI currently is. The recreation expansion will be tailored for track and field, while Tomlinson will receive an upgrade predominantly for soccer and football.

capital programs. John has overseen projects that range from new and renovated residence halls to athletic and recreational sports facilities.

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 Associate 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 Wash-

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

ington Director, Major Capital Projects, in Capital Planning and Development, 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 worked as Senior Executive for Capital Projects at the Rensselaer Polytechnic Institute in New York.

"I have extensive organizational leadership and operational management experience for large multidiscipline, multi mil-

lion dollars operations. I utilize persistence, technical expertise, sincerity, and interpersonal skills to establish and build long-term relationships with diverse groups of people," Abdel-Azim said.

Something to look forward to here at CWU are a few of the planned renovations that include Sparks Hall, new dorms that will be built over the current CHCI building, a new track that will be replacing the parking lot on the corner of Wildcat way and 18th Avenue also renovations of the Tomlinson Football stadium.

Every two years there is a request to the state for new projects, which is called a ten-year capital outlay.

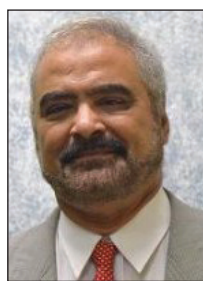
"We have the design work done for the Health Science building, that will require the old Hertz Hall to go down and that's one of the major projects. The new track will be built on the site just to the north of Wahl apartments and also the new dorms will be built where the CHCI building is," Han said.

The focus for the last couple years has been campus planning, this 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 first priority.

"Once we 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
B.S. from University of Washington (98)

- Principal at Sheridan Development & Consulting LLC (Oct.17-Present)
- Director, Major Capital Projects, Capital Planning and Development at UW (1988-2017)

NEWS

EDITOR: ERIC ROSANE | news@cwuobserver.com

New BoT member brings a Yakama native perspective to the table

"BoT" from page 01

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



Courtesy of Washines' Facebook

Emily Washines, CWU Alumna, is a member of the Yakama nation. She was formally accepted as a BoT member on Oct. 24.

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 state-wide 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.

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NEWS

EDITOR: ERIC ROSANE | news@cwuobserver.com

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, they have 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 Grey Cavittis 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 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



Courtesy of Pixhd.com

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

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 ultimately 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.

Cats prepare to take on the capitol

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 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. Each year, students travel to Olympia by the busloads 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 AS-



Xander Fu/The Observer

Former VP for Legislative Affairs JR Siperly talks with students in Olympia, Wash. at last years lobby day.

CWU President Giovanni Severino emphasized their intention to focus on issues coming from CWU students, they expect to showcase certain issues in a greater amount. College affordability and various social justice issues are to be discussed.

One of the advocacies that ASCWU hopes to lead 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."

Aside 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 HB2037 and SB5472 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

"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.

NEWS

EDITOR: ERIC ROSANE | news@cwuobserver.com

“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 done. 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 cutting 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 where 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.

With an updated list of club senators that’s roughly at 70 percent completion and emails coming out more frequently, clubs are receiving weekly updates and can contact Southern directly.

“I’m satisfied that this is a good situation for clubs. We were able to move forward and I hope that other clubs have

the ability to be accepted as well,” Bennett said.

This gradual improvement is seen as standard when it gives ASCWU staff and clubs time to set up effective communication and gather information, such as senator contact information which may change annually.

“Fall quarter is never a smooth quarter, anyone who comes into this position is going to have struggles but it’s how you pursue those struggles that matter,” Southern said. “If there’s been issues with the clubs that’s on me and it’s about how I fix the problems to the best of my ability.”

Southern says it’s not uncommon for him to start work at seven in the morning and leave around 11 at night, fitting in school work as a junior philosophy major whenever he can.

“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.

“There’s not a streamlined process for club recognition right now. It can be quite cumbersome and a lengthy process.”

—Jeff Rosenbary, Executive Director of Student Involvement

Holiday



Special
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Thursday, November 30
4:30 - 7 P.M. • Holmes Dining Room

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MENU

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OPINION

EDITOR: Sarah Hoot | editor@cwuobserver.com

Click here for your internet



By
**Rebecca
Kelly**
Copy Desk
Staff

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.

Net neutrality is also important for small business owners and startup companies who rely on the internet to launch their businesses, advertise their products and reach out to customers.

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

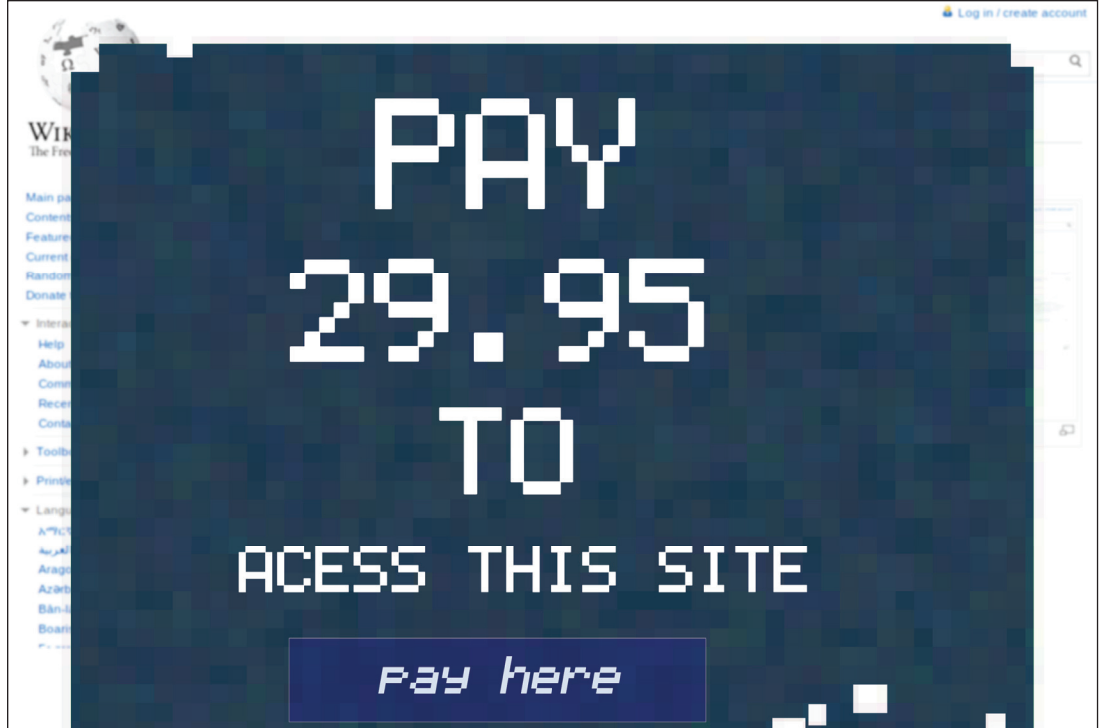


Photo Illustration by Jack Lambert

If net neutrality is lost, internet users could be charged for things like website access, social media, and high quality videos.

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 how they are 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.

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Stressed before finals

We've got you covered

Ben Ramirez

Senior Scene Reporter

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



Ulises Barron outside of Blue Rock Saloon. Photo by Mikaela Nickolds.

Finals Week Activities

Bob Ross Paint Night

When: Dec. 1, 6:30 p.m.

Where: Randall Hall 219 & 221

Paws and Relax

When: Dec. 4, 4 - 7 p.m.

Where: Brooks Library Rm 288

Stress Relief Succulents

When: Dec. 4, 6 p.m.

Where: SURC 137a

Dead Day Fun Day

When: Dec. 4, 6 p.m.

Where: North Hall basement

Waffle Night at Brooks

When: Dec. 5, 8 - 9:30 p.m.

Where: Library Fishbowl



mals?



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.



Claire Smith relaxing with her boyfriend's German Shepherd, Maggie. Photo by Mikaela Nickolds.

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 sit-coms 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.



Courtney Clay knitting away. Photo by Mikaela Nickolds.



Scene

Editor: Daisy Perez | scene@cwuobserver.com



Mikaela Nickolds/The Observer

A club member visits and chats with a young girl. Club members visit hospitalized children several times during the quarter.

Child Life Club gives hope to sick children

By Alexi Prante
Staff Reporter

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 hospitals 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.

This is the first year Alwine, a family and child life major, has been part of the club and has gone to the hospitals to see the children.

"It was hard when I got my visitor's pass and saw a child with no hair and tubes running through them while being in a wheelchair," Alwine said.

Students take their time with children in the hospitals. They talk to the kids about where their IV's are going into their arms, help them get over nightmares and bedwetting situations and help prepare the children for surgeries. The students also help the parents with grief and loss situations.

For a children's hospital like Seattle Children's Hospital, there are 25 to 30 child life specialists from different areas such as therapy, physical therapy and play room coordinators. Most general hospitals only have one child life specialist who has to do everything.

"If you wanted to be a teacher and realized that it's not the major for you, there is another way to instruct and help kids out compared to teaching them," said Kathryn Querin, a senior family and child life major and president of Child Life Club.

Querin started as a teacher and realized that it might not be for her, so she switched majors

Meetings

When: Dates and times change every quarter

Where: Michaelsen 126

For dates, time and more information, visit the CWU Child Life Facebook page

and has stuck with the club.

"The kids think that we are fun. We aren't like the nurses or doctors that wear scrubs and scare them," 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.

According to Claridge, the club volunteers at Community Connect Day, put on teddy bear clinics, participate in the Nature of Night event and travel to regional and national child life conferences every year.

"I love working with students. All of the students involved are really passionate about helping others. I love seeing how much effort our students put into making great events for children and families," Claridge said in an email. "I want students to get direct experience interacting with children and families and have opportunities to travel and go to professional conferences."

One thing that the Child Life Club tries to do is have a guest speaker each during a club meeting and talk about their experiences. The next guest speaker they hope will speak to the club is Jesse Bartlett, a male child life specialist. This would be great for the club since male child life specialists are a rarity.

Children in hospitals might not get to leave at the end of the day, but by having the opportunity to interact with the Child Life Club members, their days may be made a little better.



OBSERVER HEALTH

Ask Dr. H

Dear Dr. H,

What's the subtlest way to introduce a sex toy into the relationship?

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

Dear student,

Sex toys aren't something I suggest springing on someone. I suggest a straightforward introduction.

Depending on the toy, of course, you could just ask your partner – in or out of the bedroom – if they ever use X toy and whether they are interested in doing so.

If you have something you already own and like (i.e. vibrator, butt plug), letting your partner know how much you enjoy it is a great way to get their support. If you've been having sex with your partner and feel comfortable sharing your likes and dislikes thus far, then this conversation will feel more like an extension of an on-going discussion of what you enjoy sexually.

If your partner doesn't have experience using toys, take the lead and show them... on yourself rather than them, particularly if they seem apprehensive (yet curious and willing, of course!).

If the toys you're into are of the restraint variety (i.e. wrist/ankle ties or handcuffs), it might be best to introduce them in the context of a larger discussion of your turn-ons – you like being restrained or you like restraining your partner as part of sexual play.

Even if "being in control" (or being out of control) is part of the fantasy, people get there FIRST by having a conversation about the particulars of that activity and reach an understanding of what's on and off limits while someone is restrained. A note on handcuffs, though, make sure they are specifically – and safely – designed for sex and not a part of some cheap cops and robbers costume.

In many cases, the toy is somewhat secondary to its intent and your partner may be more inclined to experiment with you if they knew these toys are simply tools that provide a specific pleasure or bring your fantasy to life.

And don't forget to ask your partner what they are into – reciprocity is key for any good relationship, toys or no toys. Good luck!

Dear student,

Healthy food, exercise, and quality sleep are your best bet. I know many students aren't in the habit of breakfast, but starting your day at a deficient will put you on the fast track to a mid-day crash.

Think well-rounded meals with healthy fats (nut butters, avocado), carbs (whole grains), and protein (lean meats, dairy) with plenty of fresh fruits and veggies.

Each meal should reflect these components, but make sure to carry snacks with you to prevent those energy slumps as well. Snacks are not created equally, and although I'll refrain from jumping on the sugar-is-evil-bandwagon, I do suggest avoiding the pre-packaged bars and such and stick with whole fruits, granola, yogurt, nuts, cheese and crackers, etc.

It's often tempting to overcompensate with caffeine and energy drinks, but I avoid coffee and other caffeinated beverages after noon so they don't interfere with your sleep at night.

If you're slurping these down throughout the day, it will make it harder for you to get restful 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 the end of each day.

If you don't exercise, think about integrating some movement into your morning or afternoon routine.

I can't emphasize the importance of quality sleep enough! It is so, 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 Hoxmeier is a public health professor at CWU. Send anonymous public health and sex-related questions to askdrh@cwuobserver.com and have them answered here.

Scene

Editor: Daisy Perez | scene@cwuobserver.com

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 f--- you up,” she tells George.

That night he wakes 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 musters 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 her response would have been—just to know that I tried to escape hell was worth a shot,” he recalls.

His aunt readjusts 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 agree 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 Moreno, 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, so he went to live with them sooner than planned.

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. He quickly 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 2018.

George had always hoped to attend college, but was nervous about whether he would be able to do well. The now 24-year-old majors 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.

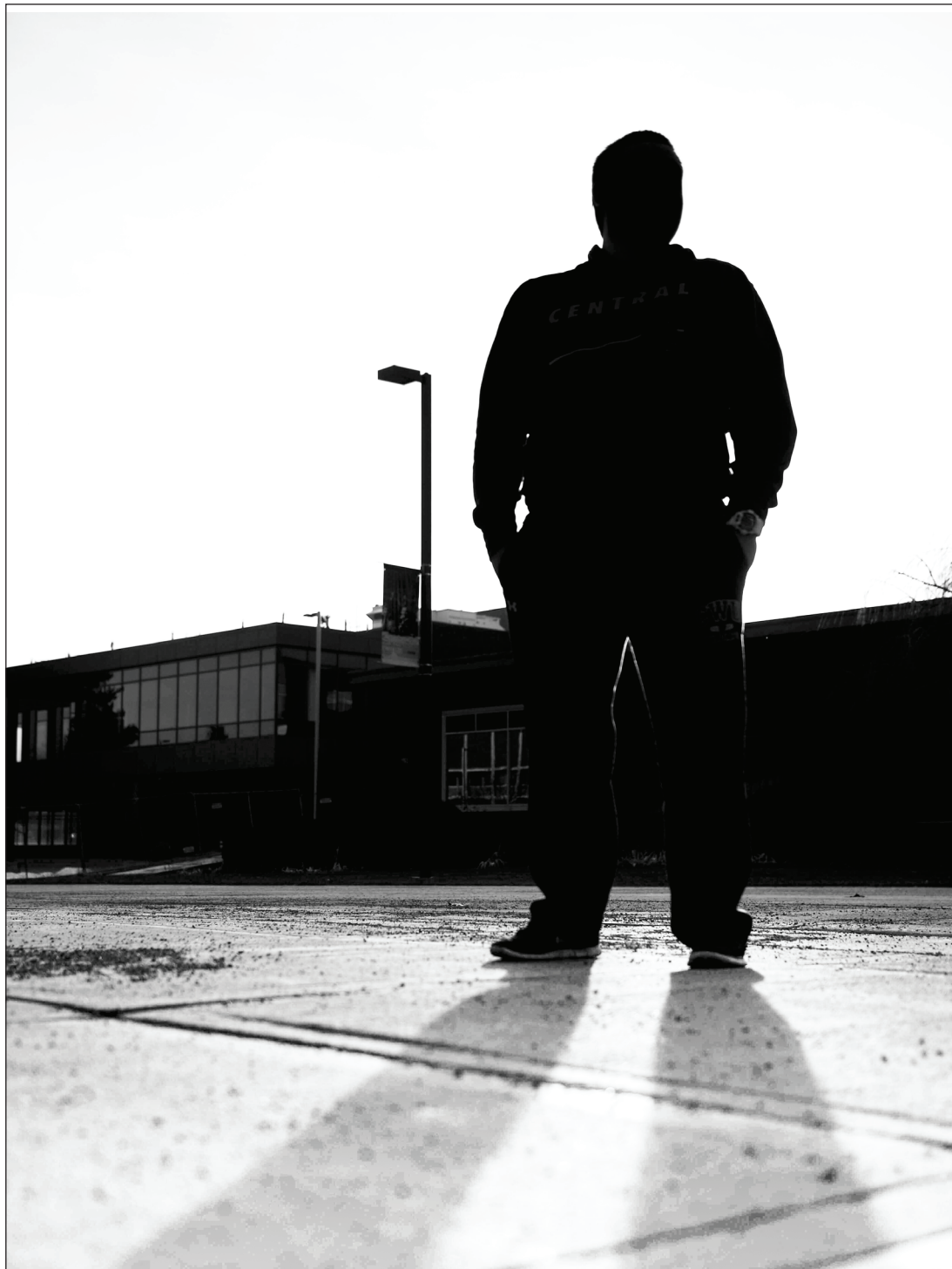
College experience

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 lis-

tens 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.



Scene

Editor: Daisy Perez | scene@cwuobserver.com

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 2,700 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 went 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.”



Photo illustration by Jack Lambert

Students who stay on-campus during the holidays may form friendships they wouldn't have otherwise made. Happy holidays!

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 Werdin. 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

that students don’t still get a little homesick. It would be hard for them 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 and 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.

Waffle Night

When: Tuesday, Dec. 5
8 p.m. - 9:30 p.m.
Where: Brooks Library
Free

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 Rust, Student Engagement and Community Outreach Librarian, also helps out with the event. Her job is to find different ways to inform students



Courtesy of Pexels.com

Waffles will be available for a limited time at the Brooks Library during finals week. Students can grab themselves a sweet treat.

using various promotional tools.

Rust’s role 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 groups.

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

Rust 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.

“I have been [to 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 butter,” Williams said.

Even President Gaudin stops by Waffle Night from time to time covering his waffles with peanut butter and maple syrup.

SPORTS

EDITOR: NATALIE HYLAND | sports@cwuobserver.com

Wildcats fall in the second round



Xander Fu/The Observer

Austin Pernell carries the ball down the field ahead of a TAMUC defender.

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 11-1.

The Wildcats came out swinging, scoring at 2:09 of the first quarter on a 10-yard run by quarterback Reilly Hennessey. The touchdown would be Hennessey's first career playoff touchdown.

A little over five minutes later, CWU struck again. This time sophomore wide receiver Christian Stafford found the endzone for the Wildcats on a five-yard pass from Reilly Hennessey with 1:37 left in the first quarter.

The Lions made it on the board with 1:19 remaining in the first quarter on a 52-yard run from quarterback Luis Perez. 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 Pernell of CWU found the endzone four minutes later with 6:04 left in the first half on

a single yard run to bring the score to 28-7 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.

"Anytime 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 26-yard rush by Cranadal 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 Blubaugh intercepted a pass by Hennessey.

The Lions scored to end the third quarter on a nine-yard pass by junior Vincent Hobbs, to come within one touchdown of the Wildcats.

"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

review, the touchdown was confirmed and the score stood 28-28 to end regulation play.

"I thought we definitely played well at times today," Shoemaker said. "Things got away from us in the second half... a lot of respect to the Commerce guys and coach Carthel. Those guys do a great job and were well prepared."

In overtime the Lions kicked a 38-yard line field goal, to bring the score to 31-28. Giving the Lions their first lead of the game.

After that point, the Wildcats answered back with a carry to the eight-yard line and for a 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 31-31 and the game went to double overtime.

After four CWU downs, the score remained 31-31, giving TAMUC the chance they needed to secure their victory and end the Wildcats 11-0 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-

Rugby ends fall season at semifinal

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 41-26) 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 24 unanswered points to win. Watching the lead slip away to a team that CWU had beaten in the regular season was, for senior Ashley Rolsma, the worst part of the season.

"It was definitely rough, heartbreaker loss," Rolsma 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



Courtesy of CWU Athletics

Women's rugby fell in the semifinal match to long-time rival Quinnipiac University 41-26. Quinnipiac went on to claim the title.

wanted to play with any other group of girls out there, and I think that we gave it our all."

This was Rolsma's last year playing with CWU, and short of winning the national championship, she felt this was a good final 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 Rolsma both agreed that the main reason that this season was one of the best was because it was fun. Ingold believed that is what rugby

is for: an outlet to have fun. Being a student athlete is stressful, but going to practice should be something that players want to do, rather than something they have to do.

"There was a lot more joy brought back into the game with the team morale, the coaching. All of it combined. It was just a lot more positive and I think that really helped when it came to practices, because we would show up to practices ready for whatever," Rolsma said.

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 you can definitely see it 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.

SPORTS

EDITOR: NATALIE HYLAND | sports@cwuobserver.com

Welcome to collegiate athletics, freshmen

By Anna Eyears
Staff Reporter

Every year the CWU athletics 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 volleyball signing class of 2017 have been training hard to make 2017-18 the best season yet. For many freshmen this is the first time they will get to compete against teams from across the nation.

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 Kylee Yamashita said her recruiting process was exciting and relatively easy.

"Being that I was from Hawaii, Mario [Andaya] and Chloe [Solum] really made a point to reach out to me and make sure that I had all the information in order to get recruited at Cen-

tral," Yamashita said.

Yamashita said she was looking forward to getting better as a volleyball player and being able to compete against high-caliber players from across the nation.

"Being surrounded by great volleyball players has definitely improved my gameplay," Yamashita said. "I feel like I've gained a lot more experience training with girls that play at a higher level."

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

"It can be difficult being a freshman on the team," Absalson said. "You've 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."

Absalson said she enjoyed the structure and commitment being a part of the CWU volley-

ball team gave her.

"It's a real commitment, but it's nice to have that immediate group of friends and support going into college," Absalson 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," Meador said. "You won't get what you want out of it if you're not giving it your all. People take college sports way more seriously because there are scholarships on the line."

Meador credited her team's passion and committed attitude for making her a better person.

"The competitiveness definitely keeps me focused and always wanting better for myself and everyone around me, too," Meador said.

Committing to a college sport is a difficult task that requires both stamina and determination. For those athletes that choose to do so, however, the experience can bring about some of a college student's best memories.

"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



Courtesy of CWU Athletics
Freshman outside hitter Makala Swart stands at the ready during a home game.

Women's basketball heads to Alaska

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 last time the Wildcats 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 Alaska winning 86-48. The second matchup was in Ellensburg on Feb. 11, where Alaska won 69-48.

Alaska Fairbanks finished last season 13-14 overall, and went 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-Thornley said that Alaska is a tough trip because there is a lot of travel involved. This is the first in conference trip for



Jack Lambert/The Observer

The Wildcats will make the trip to Alaska to play two games Nov. 30 and Dec. 2

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-Thornley said.

Fairbanks has made some

changes during the offseason, but the game will still be a tough one for the Wildcats.

"They have a new coach, they lost a lot, there's a lot of unknown with them. Fairbanks is always a tough place to play, they get good crowds and their kids always play hard," Richardson-Thornley said.

Last Matches

Fairbanks: 69-66 (W)

Anchorage: 69-48 (L)

For the Wildcats to have a better trip this time around they know what they need to do. They want to control the game and decide which way the tempo goes.

"They got to be ready to go in and compete," Richardson-Thornley said.

"We got to execute our stuff, stick to what we do. Don't allow Anchorage to speed us up because that's what they want, they like to speed teams up and get them out of 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 Lorentson.

"A lot of it is mental, it's been really hard," Lorentson 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. I think we can definitely compete, we're excited to go up there, see where we are at and give 'em our best shot," Richardson-Thornley 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-Thornley 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 looking to continue that run on the Alaska trip. 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.

SPORTS

EDITOR: NATALIE HYLAND | sports@cwuobserver.com

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 of 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 a 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 rugby 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.



Courtesy of CWU Athletics

Senior Samantha Pinson

She rarely makes mistakes and when she does, fixes it right away," Ingold said. "She helps the team in a hundred thousand ways. She is simply an amazing player."

“She helps the team in a hundred thousand ways. She is simply an amazing player.”



-Leah Ingold, Women's Rugby

Fellow senior Ashley Rolsma 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," Rolsma said, "it has to do with her lifting and how much of a [dedicated] athlete



Courtesy of CWU Athletics

Samantha Pinson runs in front of two opponents and a teammate during a match against Life University.

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," Rolsma 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."

Rolsma 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," Rolsma 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 Harris 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 on his new role.

Leep "has been implementing a new offense," Harris said. "We just gotta continue to scout them to continue to see what their offense is looking like this year and then go from there."

It's also critical 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 lev-

el, 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 bigs] 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 feed the post more... that'll be one of the big things that will help us on the offensive end."

Senior center, Fuquan 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."



James Stuck/The Observer

Freshman Cameron Williams rises over the Wolves' defense in Saturday's win.

SPORTS

EDITOR: NATALIE HYLAND | sports@cwuobserver.com

Athletics Review

Football v. TAMUC 34-31 (11-1)

The Wildcats' season ended at home in double overtime after falling 34-31 to the Texas A&M Commerce Lions who advance to the third round of playoffs.

Volleyball @ WWU 3-0 (14-6)

CWU fell to GNAC leader WWU in Bellingham Nov. 18. Despite the loss, the Wildcats will appear in the GNAC regional match against NNU Nov. 30.

WBB v. PLU 74-55 (3-3)

WBB topped Pacific Lutheran University at home on Nov. 25 74-55. The Wildcats are now 3-3 in non-conference play.

MBB v. Walla Walla 100-64 (3-2)

MBB bested Walla Walla 100-64 at home Nov. 25. They are now 3-2 in non-conference play.

W. Rugby v. Quinnipiac 43-26 (Semi-final)

Quinnipiac beat the Wildcats in the NIRA semifinal for the second year taking the match 43-26. Women's Rugby will resume in March.

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 a respectable image for both the team and the university.

"We are taught by our coaches to respect and represent CWU when we travel and to respect the people we run into while traveling," said offensive lineman Reggie Long.

“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, pads 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 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 bags 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 go eat 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 go-

ing 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

“[Traveling] can be an exhausting process and can definitely take a toll on their bodies.”

-Ian Shoemaker, Head Coach

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 Pennell.

The final away game of the 2017 season saw the Wildcats traveling to Humboldt State University in Arcata, California on Nov. 11. They won 42-28, 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.

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