CWU history will be made Thursday, May 24 in the Barge Courtyard when relics of the present are buried. The CWU Time Capsule, which has been three years in the making, will descend into the ground at 11 a.m.

The project began in 2015 when Katie DeVore, the VP of the Alumni Association, developed an interest in the history of Ellensburg and CWU. She got in contact with CWU alumnus Robert Ford and tried to convince him and the Alumni Association to fund the project.

With the help of ASCWU Vice President of Student Life and Facilities Jocelyn Matheny, Ford was convinced to gather the funding for two time capsules: one to be uncovered after 25 years and one after 50 years, on CWU’s 150th and 175th anniversaries.

“It’s a very exciting opportunity to allow students to be a part of history by submitting notes and letters to the time capsule to show what CWU is right now,” said Executive Director of Student Involvement Jeff Rosenberry.

The project has since been spearheaded by Matheny, DeVore, and the Alumni Association.

“Getting better and better”  
By Luca Cruz  
For the Observer

I am non-binary.

My coming out wasn’t something I prepared for; honestly, it wasn’t some profound and dramatic scene. I’m not even sure if you could consider it a “coming out.”

All my life I never really paid any attention to gender, much less my own. I never understood why there were things like “boy toys” and “girl toys” or “boy clothes” and “boy clothes.”

I remember being upset when I was younger because I wasn’t allowed to join Boy Scouts. The only reason why was because I wasn’t born a boy.

- See “Non-Binary” page 8

A sudden release of guilt  
By Ryan Zetty  
For the Observer

My coming out experience was not incredibly shocking for anybody but myself. I was labeled “the gay kid” early on, even before I came out to myself. The more I was teased and called countless slurs by my peers, the more I felt in denial about my sexuality.

I refused to accept this aspect of my identity even though deep down I knew it was true. I thought I had to fit into a role of masculinity in order to be accepted by my peers. This pushed me even further from accepting the fact that I was gay.

In order to compensate, I convinced myself I was straight and dated countless girls in elementary and middle school.

I remember distinctly where I was when I first said out loud that I was gay.

- See “Love” page 8

Living in the Shadows  
Two stories of students who took the chance to live a more open life

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NCAA Nationals Preview

Nobody covers Central like we do read more online: 
Expansion plans progress

By Matt Escamilla
Staff Reporter

The SURC feasibility committee met Monday, May 21 regarding SURC expansion plans and the proposed multicultural center.

The committee is planning a two-day trip to visit other student union buildings at universities around the state. Visits to Western Washington University, University of Washington and Seattle University are scheduled for the trip, which will leave the Monday after commencement.

The multicultural center is the brainchild of recent student government members. According to ASCWU President Giovanni Severino, the multicultural center has been a priority since the beginning of the year.

“My board has been committed to working with the University to ensure that we have a multicultural [center] for the historically marginalized students on our campus,” Severino said.

A survey for student feedback regarding the expansion has been in the works for around two months. The survey will be available in the fall, according to Equity and Community Affairs Officer Myrinda Wolitarsky.

The SURC feasibility committee's President Elect Edith Rojas also believes student feedback is highly valuable.

“What do you [students] want to see in this expansion? Do you want more space [or] food? If we have a multicultural center, what do you want to see?” Rojas said. “This is student space, we gotta make sure that it's very student-centered.”

Executive Director of Student Involvement Jeff Rosenberry hopes students give genuine feedback when the expansion process heats back up.

“The process happens with intention from students and that starts with students taking the survey that comes out in the fall,” Rosenberry said.

Rosenberry asked for patience regarding the expansion, especially since ASCWU is a consistent partner in growth.

Correction
In “Kevin Brett running into retirement” from issue 7, the author of “Show Me the Money” is Alvin Hall.

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New hall named after former professor

By Eric Rosane
Co-Editor

A new residence hall being built on the corner of Dean Nicholson Boulevard and Wildcat Way now has name following a $1.2 million donation made to the university from William “Owen” Dugmore, a former professor of psychology who passed in January.

This donation is reportedly the largest donation received by the university in recent years.

“Professor Dugmore was a generous supporter of Central Washington University throughout his lifetime,” CWU President James Gaudino said in a press release. “He greatly cared about his students and believed he could learn as much from them as they could from him.”

“Dugmore Hall,” the new hall, is currently being constructed on 9 acres of land where the Chimpanzee and Human Communication Institute once stood. Currently, fences and over a dozen construction vehicles rest on the land. Dugmore Hall, expected to open Fall 2019, is projected to cost $40 million and house 402 students. Dugmore’s donation will go towards financial support for scholarship endowments in the music and psychology departments. It will also assist funding for the counseling center.

Of the $1.2 million, $500,000 will be going towards music department scholarships, according to Nikolas Caule, acting chair of the music department. Caule said that Dugmore donated his entire estate to CWU after he passed in January. Of the $1.2 million, $500,000 will be going towards music department scholarships, according to Nikolas Caule, acting chair of the music department. Caule said that Dugmore donated his entire estate to CWU after he passed in January.

Dugmore Hall construction timeline:
- March 7: Fence erection
- March 12: Demolition of athletic annex
- TBD: Ground-breaking
- Fall 2019: Facility opening

Be a part of CWU history with SAA

“A lot of RAs [resident assistants] have put their duty phone ringtone in, one person even said they wanted to contribute SURC chicken strips and fries,” DeVore said.

Luckily for the future excavators of the time capsules, chicken strips are amongst items that aren’t allowed in the time capsule. These rules have been put in place by the CWU Brooks Library, which also has the task of documenting everything that goes into the capsule.

The money made from selling notes and envelopes is going towards scholarships for future students.

“As an alumnus who has come back, I find it very valuable that the university is providing the opportunity to connect with future students,” Ford said. Both Matheny and DeVore have said that they fully intend on being at the excavation ceremonies in 25 and 50 years.

“I hope that no matter where I am in life, I will be there. It’s been such an impactful part of my life and a big experience.”

Katie DeVore, SAA Vice President
New general ed framework to connect learning

By Jack Belcher
Senior News Reporter

New framework that will drastically change general education (GE) requirements at CWU was passed by the Faculty Senate in February. This will be the first change in general education requirements in over 20 years.

Associate Provost Dr. Bernadette Jungblut stated that the old GE requirements weren’t necessarily problematic, but that it was a very generic model.

“Therewasn’t anything particularly distinct, or different, or exciting about it,” Jungblut said. “You could have taken our model and found a very similar model again, at maybe hundreds of other colleges and universities.”

According to Jungblut, this new model will deliver a more enhanced first year experience to students. It will also help students understand why and how courses relate to one another by linking them.

The model does this by eliminating required GE classes. Jungblut describes this old generic model of GE as a “distribution model.”

“What that means is it’s sort of like a smorgasbord; students take a little bit from here and a little bit from there... they don’t necessarily see the connections between and among those different courses that they are taking,” Jungblut said. “The new model is designed so students make and see those connections.”

The hope of this model is that students will find their GE useful to their future, become more curious as students and more effective citizens. According to Jungblut, the university doesn’t want this new GE to be something that students have to do. This program would greatly benefit students that come to CWU knowing what they want to do later in life.

Jungblut pointed out that there is a required special topics seminar that will help them find what they want to pursue. Removing random GE classes reduces the likelihood of a student randomly taking a class that leads them to their major. This is something that Jungblut herself has experienced with.

When she first came to college she wanted to become a physicist, but after taking a required GE political science class, she unexpectedly fell in love with the subject.

“I didn’t even know political science was a thing you could do,” Jungblut said. “When I went home to tell my dad that I was going to be a political science major he said, ‘What are you going to be, a politician? Oh God, no!’”

If this new GE program was in place when Jungblut was in school, she doesn’t know if she would currently be where she is today.

Matt Altman, department chair of philosophy and religious studies, believes that the new program doesn’t require enough diversity of colleges and that students will have a very narrow focus.

“There not going to get the breadth of educational experience they should get in a general education program,” Altman said. Altman believes that this program makes students less well-rounded. He also believes that less exposure to other disciplines will cause students to not change their major and end up in a field that does not interest them.
“Unrelenting” designers prepare for fashion show

By Bryce Jungquist
Staff Reporter

The 22nd annual spring fashion show is supported by the Student Fashion Association. It’s put on by United States Institute for Theatre Technology, the fashion show production class and the apparel, textiles, and merchandising program. The name of the event this year is “unrelenting.”

Show times are at 3 p.m., and 7 p.m. on June 2. A silent auction will take place an hour before each event. The Milo Smith Tower Theatre inside McConnell Hall is the location of the show.

Tickets can be purchased at the event, or earlier from the Wildcat Shop and online at cwu.edu/tickets. Prices range from $10-$12.

Andrea Eklund is the director of the production. She is an associate professor in the apparel, textiles and merchandising program and teaches several classes which put together the event.

She said the spring fashion show is good for CWU students because they can get a glimpse of something they could do themselves.

“You have this production going on but you have all this hands-on work,” she said. “What is exactly being produced by their peers, it’s something they can get involved in.”

She said the possibilities range from doing things that involve lighting, staging and public relations. The production is a good way for them to see what fellow students are involved in.

Eklund said this is notable for the ready-to-wear portion of the display where people can view upcoming trends that have been put together and styled by students.

Kyla Krieg, a senior majoring in apparel, textiles and merchandising, is one of the fashion designers in the show. She said every designer has a collection of three to five different garments.

“Mine is inspired by music, and drag shows actually. I have five looks,” she said. “They’re a mixture of swimwear, which I’ve tried to have for a few years, and clothing.”

Eklund said the name for the show this year is “unrelenting.”

She said that finding a name is on the first day of the fashion show production course, and an assignment is given and due the next time class is held. She said that the first day of the fashion show production course, students are assigned to choose a name, a task that is due the next day of class.

According to Eklund, the students are given rules and different things which need to appear on the poster. She said some of that is the correct proportions, information and inclusivity.

She said when the class meets again, names are on the back of the posters which are then taped and placed throughout the room where students will review each one.

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Eklund said when the class meets again, names are on the back of the posters which are then taped and placed throughout the room where students will review each one.

She said after students do the review, they vote and whichever name has the most votes becomes the event’s theme.

Julia Jacobs, a junior majoring in apparel and merchandise, is another fashion designer for the show.

According to Jacobs, she’s excited to see her line and all the stuff that fellow students in the fashion production class have been working hard towards. Jacobs said the thing she’s anticipating most is the outcome of everyone’s different clothing collections.

She said from a student designer’s view, the outfits that appear to be purchased at a store are put together by students.

“It’s very inspiring, I think, [for] the audience to be like, oh wow, these students, they made this,” Jacobs said.

Krieg said the spring fashion show highlights the student’s talent on the apparel, textiles and merchandising major. She said many people she’s had conversations with don’t know that apparel is offered as a major here.

She said this event can get students to come to the university who wish to pursue a creative journey with a career. Krieg said fashion schools are very costly and it’s vital for those who are interested in this type of profession that one choice is attending CWU.

“I just think it’s really neat that we have a theatre available and the resources and the knowledge teachers give us to put on fashion show and create a line,” Krieg said.

Lounging around between the trees

By Taylor Papadakis
Staff Reporter

Hiking, biking, swimming and grilling are all activities that transform the last days of spring into the most favorable of seasons, summer.

Summer is about taking it easy, enjoying the outdoors and not worrying about school for at least three months. But what if you want to take “talking it easy” to the next level? The easiest way of doing absolutely nothing only has one requirement: being a foot or two off the ground.

Hammocks, or more specifically, ENO’s, a parachute-style hammock, have monopolized trees across Ellensburg.

Created in 1999, ENO’s were made to lounge in during musical festivals, when the sun is shining, when the sun isn’t shining, and everything else in between.

Jampa, a Buddhist Monk originally from Berkeley, California and member of the Ellensburg community, said that hammocks have been a part of CWU’s aesthetic since the 70’s.

“I can remember when I first saw one. It reminded me of a plastic sack to be perfectly honest. But regardless, I bought one anyway,” Jampa said.

ENO’s are a popular piece of gear for people who want to literally take a load off their feet. Avery Odegard, a freshman and dedicated lunger, praised her ENO, comparing it to the place she had for her dog, who, of course, hangs out with her in the hammock too.

“He finds it calming and so do I. It’s our thing,” Odegard said while laughing.

Thinking of sitting in an ENO? Here are a few tips and techniques that can make your time to mellow out simple and painless.

Yes, there is a proper way to sit in the ENO. Make sure the tags stay on the outside shell. It’s silken and the zipper won’t snatch onto your t-shirt for the unremendous time.

Get a can of Sof Sole Silicone Waterproof Spray. It’s $9 on Amazon and enables you to hang in the trees during even the worst thunderstorms.

The best length for an ENO setup is about four arm lengths from tree to tree. The doublenest ENO can hold up to 400 pounds. That means you, a couple of friends and a dog or two can hang out with ease and comfort.

Sleeping, reading a book and staring at the sky are all leisure activities that can be enhanced by lounging in an ENO.

REI has a summer sale going on, with discounts up to 40 percent. With prices ranging from $47 to $97, these hammocks are an inexpensive accessory to seriously consider adding to your summer “must haves.”
CWU students and alumni took over Safeco Field on Friday, May 18 for the annual CWU Mariners Night. There were many things that CWU students could do at the game, including joining in on the CWU pre-game festival, getting a beer at “The Pen,” or scoring a new Mariners and Wildcat mashup baseball cap.

CWU junior Janice Roman said that she went for the CWU themed Mariners cap, and as the Safeco Field garlic fries.

A big draw for CWU Mariners Night was the customized CWU Mariners cap. The cap turned into a debate as to whether or not it was worth the price of admission. Tickets were $30 for view level, and $48 for main level.

The CWU pre-game festival took place on the concourse behind section 330. It started at 5:10 p.m. and ran up until first pitch at 7:10 p.m.

There were views of downtown Seattle, as well as the Puget Sound. The concourse was located at the highest level of the stadium, maximizing the viewpoints that Safeco Field has to offer.

It was at this location that the CWU hats were being distributed, but only to students that had bought their ticket through the CWU Mariners offer. Any CWU student that had their Connection Card could gain access to the CWU pre-game festival however.

When they walk in, the first thing students saw was a “bottomless” popcorn and peanut stand. Hundreds of students, alumni, and family could be seen munching on the snack items.

Scattered across the concourse were several CWU themed stands.

One of the featured attractions was CWU’s radio station, 88.1 The ‘Burg, streaming live to all the Ellensburg area listeners. Sports talk hosts Payton Berens, Austin Lane, and Will Ortnor were on the call.

“It’s just a special sports show that we’ve been doing for the last couple years at CWU Mariners night,” 88.1 The ‘Burg’s Wyatt Simmons said. “We got everything from sports topics to eventually talking about the Mariners.”

The biggest stand on the concourse was the alumni tent set up right in the center, complete with a raffle in hopes of enticing new alumni donors.

“You get two entries if you sign up for the alumni association,” alumni employee Katrina Wright said. “There’s a student membership, which has a really great mentor program for current students. And alumni is an annual membership, and there’s lots of different events and things like that.”

Another event taking place during the pre-game festival was a photo area, where you could get your picture taken on a giant throne. This was a tribute to Felix Hernandez.

There were many picnic tables that many parents, students and alumni were sitting at. You could also pick up a beer at the alcohol stand.

CWU received a high-profile spotlight when the CWU choir performed the national anthem for the near 35,000 in attendance.

“It’s just a bunch of practice,” CWU Choir member Abdul Makinde said. “We’re really proud.”

Despite CWU Mariners Night tickets being sold in two specific sections, you could still find CWU students all over the ballpark. Some students were sitting in bars scattered around the stadium, some were sitting in the outfield bleachers and others were just walking around the stadium.

CWU junior Miles Shimchick said he didn’t really care for all the pre-game festivities. The main reason why he was there was because he wanted to see his favorite team with his CWU friends.

“I think everyone rallied around one cause that was our home team winning,” Shimchick said. “It was fun seeing 35,000 fans there, and people hyped for the Mariners.”

As far as the game itself, the Mariners walked away with a 5-4 victory over the Detroit Tigers. At the game came to a close, several Mariners’ fans in CWU hats were spotted exiting from many parts of the ballpark.
CWU Night by the Numbers

- 35,739 in attendance
- 75 percent capacity
- 2 Hour & 34 minute long game
- Second career
- complete-game for James Paxton
- 5-4 victory over the Detroit Tigers
I was talking to my friend Julianne, and she had just come out to me. I didn’t know how to react besides to make it clear that I accepted them for who they are, regardless of her sexual identity. I immediately felt comfortable. I had never been around anybody within the LGBTQ+ community, and for the first time in a while I felt incredibly open. I saw the opportunity to come out and I took it.

In response to her coming out to me, I came out to Julianne as well. Right after I came out as gay, the burdensome guilt of simply being attracted to guys disappeared immediately. Something clicked, and there was no more denial.

That same day, we went over to our friend Faith’s house and listened to One Direction and Justin Bieber where we talked about all the guys we thought were cute at school. Although I am not in touch with Julianne or Faith anymore, I appreciate them for being the first people I felt comfortable enough to talk about my sexuality with.

“I feel almost like I was playing pretend. But, secretly deep down, I still wondered behind closed doors who I really was.”

- Luca Cruz, freshman

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“I feel almost like I was playing pretend. But, secretly deep down, I still wondered behind closed doors who I really was.”

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I wear makeup still but like to flatten my chest and wear more masculine clothes. At first, my mother didn’t understand and immediately tried to play it off as a rebellious phase because I was in college. It wasn’t until I started taking testosterone that my mother warmed up to the idea that this is who my child is.

“She’s getting better and better every day with addressing me as my new name and pronouns and I’m thankful that it didn’t go negatively.”

- Luca Cruz, freshman
Disc golf on the rise in Ellensburg

By Rachel Greve  
Staff Reporter

There is a growing sport making its path through Ellensburg, that sport is disc golf. Disc golf is a sport where the goal is to get your frisbee (disc) into the basket in as few shots as possible, just like regular golf. Over the past couple of years, many have probably walked around campus in the spring and summer to see the exciting sport. But for those not aware of it, here is a little bit of information.

The baskets around campus are being set up by the Recreation Center and is something that has happened and had a decent turnout each year.

“We had over 20 participants over the course of three and a half hours, which was great. It made for some very competitive and good fun for the group. Ellensburg’s Intramural Coordinator Jordan Bishop said.

Although disc golf isn’t an intramural sport, Bishop said if students are interested in making disc golf an intramural sport they should advocate it to themselves and the Rec staff.

20 participants may not seem like many, but it is a start and seems to be gaining momentum as the years progress.

“The with the 20 participants we had in this event, it could justify us trying to start a league or at least running multiple tournaments next year,” Bishop said.

A league would add another reason to have students try new things and help continue to grow the sport of disc golf in Ellensburg.

Whether there is a course set up from time to time on campus, there is also a nine-hole course set up on the side of the popular Irene Rheinhardt Riverfront Park, also known as People’s Pond.

According to dgcoursereview.com, the course in Ellensburg was established in 2016 and was designed by Jeremy Lange.

The course is a mix of flat ground and slight woods, with water hazards on a few of the holes since it sits up against the pond and the Yakima River.

This course is open from spring to fall and is closed during the winter.

For the school course, Bishop said it will be up this summer for casual play.

There is also a smaller course that is more difficult to navigate that sits on the Ellensburg High School campus. The baskets are placed all around campus and are a nine-hole course just like the Pond course.

The courses are free to play on and have no warnings regarding trespassing.

Discs can be purchased at most stores, including Fred Meyer. Mountain High Sports in Ellensburg sells a small starter pack of discs if you are looking to get into the disc golf scene.

Teeing off around Kittitas County

By Gunnar Hinds  
Staff Reporter

With the weather finally warming up, the season for golfing is here. Whether you’re experienced or a beginner, now is a great time to get into the swing of things at one of Ellensburg’s various golfing attractions.

Chase Martin, a CWU student studying marketing, loves to golf and has a keen insight regarding the top places to go in the area.

“I really enjoy going out in the spring time and golfing. It’s a great way to get away from the stress of school and work,” Martin said.

Ellensburg Golf and Country Club is the only golf course that has a driving range and an unique course.

Martin mentioned that Ellensburg Golf and Country Club’s course is very fun to go even if you just want to hit a couple balls at the driving range.

Ellensburg has a very reasonable price if you are just trying to go to the range. A bucket of balls ranges from $5 for a small bucket to $12 for a large bucket.

“I love going out and hitting a couple golf balls after a long day at school. It is very relaxing and fun, especially if you bring a couple buddies,” Martin said.

Trace Sutich, a senior double majoring in business and marketing, is finding golfing since he was just a kid and really enjoys going out and golfing on the weekdays when he isn’t working or at school. He is very used to go to in the area has got to be Tumble Creek,” Sutich said.

Tumble Creek is ranked as one of the top 10 golf courses in the state because of how well it is kept up and how exceptional the greens are.

Tumble Creek is a private course in Cle Elum, Washington. Members get first pick at tee time, so for the public, it can be hard to get in.

“Most of the time you have to go with one of the members and I’m very lucky to have made such good relationships with some of the members while working,” Sutich said.

It is possible for non-members to get a tee time at Tumble Creek, but it must be scheduled at least a month in advance because of how busy the course can get.

Rope Rider Golf Course is just a couple of miles from Tumble Creek and is a public golf course owned by Suncadia, a resort in Cle Elum that has become a hotspot for people on vacation. This golf course is a great spot for beginners who are learning how to golf.

“I would recommend going to either Ellensburg Golf and Country Club or Rope Rider Golf Course if you are trying to learn how to play the game,” Sutich said.

Both courses are very reasonable in price. Ellensburg Golf and Country Club costs around $35 to play a whole game and Rope Rider costs around $30. If you want to rent a cart it will cost you about another $10-15 on top of the round of golf.

Doug Benedict is a very talented golfer and has been golfing since he was seven years old. He is a graduate from CWU and works at Suncadia. Benedict mentioned he loves to play golf in the area this time of year because of the great weather and courses in the area.

“It’s awesome to have such great courses in the area. It makes it so easy to go out and improve your game at any time in the week,” Benedict said.

Benedict mentioned that he enjoys the people who work at the Suncadia Golf Course because they are always willing to give you pointers on how to improve your game.

“The pro shop guys are amazing, they will give you pointers if you are a having a tough time with a certain aspect of your game and will recommend the best equipment out there,” Benedict said.

Benedict mentioned that equipment is a huge part of your game, and if you don’t have good clubs, then you won’t see the best results when golfing.

Benedict recommended going to a driving range and renting the clubs they have to see what works best for you and then once you find a certain brand of club or golf ball.

“Ellensburg is a great spot to be in if you want to learn the game of golf. I would highly recommended giving the sport a shot,” Sutich said. “You never know, you might fall in love with it.”
Heptathlete HarLee Ortega will be representing CWU at nationals this weekend.

**Erykah Weems**

Weems is the 2018 GNAC Champion in the 400-meter hurdles with a time of 1:00.10. The run was good enough to set a new CWU and GNAC Outdoor Championships record. Weems struggled during the first half of the season leading into the GNAC Indoor Championships, but turned it around the second half.

“I did make it to GNAC [Indoor Championships] and I did have some hiccups there, but I did bounce back and was able to take the title, which I’m really proud of,” Weems said.

Weems ran the 400-meter hurdles earlier this season before moving over to the 400-meter hurdles, an event she said needed some work last season.

She picked the event back up on April 13-14 at the Pel hur Invitational where she posted a time of 1:08.76, then improved from there, running a 1:02.29 on April 19-20 at the Bryan Clay Invitational, a 1:00.77 on April 20-21 at the Beach Invitational, a 1:02.43 on May 4-5 at the 2018 Ken Shannon Invitational, and a 1:00.10 at the GNAC Outdoor Championships on May 11-12.

“This season as a whole was challenging. Indoor [Championships] I wasn’t able to do what I wanted to do,” Weems said. “I made sure that wasn’t going to tear me down for Outdoor season.”

**Mariyah Vongsaveng**

Vongsaveng is the 2018 GNAC champion and new GNAC and CWU record holder in the 100-meter hurdles with a time of 13.64 seconds. The time was the 7th fastest all-time in GNAC Division II.

Vongsaveng’s goal for National Championships is to come back to Ellensburg as an All-American; she would have some hiccups there, but I did bounce back and was able to take the title, which I’m really proud of,” Weems said.

Vongsaveng competed in the 400-meter hurdles at the 2018 GNAC championships.

By Austin Lane
Staff Reporter

This season will be marked as historic for CWU Track and Field. The team is sending a record seven women to the NCAA Division II Outdoor Track and Field Championships. The women will be accompanied by the sole male athlete, Kodiak Landis, for a total of eight Wildcats.

The athletes going to compete at nationals are Ali Anderson, Halle Irvine, Kodiak Landis, HarLee Ortega, Alexa Shindruk, Mariyah Vongsaveng, Erykah Weems, and Nicole Soleim.

To make nationals, an athlete must finish with a top-20 time or point total in their respective event to compete in that event in Charlotte. Ali Anderson put up the 17th-best time in the Division II in the 100-meter hurdles, with a time of 13.64 seconds.

With the 10th overall seed at the GNAC Championships on May 11-12, HarLee Ortega represents CWU in the heptathlon after her 14th place finish in the country, with a score of 4,945 points.

Halle Irvine will compete in the pole vault after finishing 23rd this season, with a mark of 12 feet, six inches. In pole vault, the NCAA took more than 20 competitors due to having leftover spots to fill the total number of female athletes attending, and felt that athletes attending, and felt that athletes were particularly stronger just outside the top 20 in the pole vault.

Lastly, qualifying in the 20th spot in the 3,000-meter steeplechase, with a time of 10:48.96, is Nicole Soleim.

Head coach Kevin Adkisson said that a majority of the team was working hard towards a good result at the GNAC Outdoor Championships, but these individuals will capped off a great season.

“It’s the pinnacle of the season that’s their focus, as far as getting to nationals and making it their best marks of the year,” Adkisson said.

Two athletes looking to continue their regular season triumphs and build on their personal records in the 400-meter hurdles are Erykah Weems and Mariyah Vongsaveng.

To make nationals, an athlete must finish with a top-20 time or point total in their respective event to compete in that event at nationals this weekend.

Mariyah Vongsaveng’s goal for National Championships is to come back to Ellensburg as an All-American; she would have some hiccups there, but I did bounce back and was able to take the title, which I’m really proud of,” Weems said.

Mariyah Vongsaveng competes in the 400-meter hurdles at the 2018 GNAC championships.

-ended-
No summer plans? Here are five good reasons why you should take classes this summer:

1. Pell grant funding is now available for summer quarter.
2. Live at home and take classes online.
3. Save money. Shorten your time to graduation.
4. Improve your GPA. Retake a class.
5. Sample a new subject. Try something new.

Be sure to register early as courses fill up quickly. Log into MyCWU to register. Search for classes offered by visiting cwu.edu/summer and clicking on the Search Class Schedule link.

2018 cwu.edu/summer
Being a transgender student at CWU

When I arrived at college, I decided no one was going to know about me. At all. I wasn’t going to tell anyone that I was trans, that I wasn’t born a boy, and that it took me some self-discovering before I found out that, in fact, was a boy. This decision came from the fact that I didn’t have a choice who knew me in high school. Everyone knew and everyone talked about it, never mindful that, one, it wasn’t their business and, two, telling the wrong person that I was transgender could’ve gotten me killed or who was known what else.

Fast forward to my first quarter at CWU. I met new people and made some friends. None of whom knew I was trans at this point. It was great. Everyone around me thought I was cis (born as the gender that you identify as) and treated me as such. But there were questions and comments surrounding me about trans people. Because I wasn’t out yet, I couldn’t participate or defend people like me without fear that I was going to get out myself.

Coming out to friends

I eventually realized my closest friends should know that I am trans, and since it is something so integral to my being I came out to one person and they were the only one that knew for a week or two. Then I came out to another. A few more weeks went by, then I told another and that was all who knew for a while. Only my closest friends and the other queers from my queer studies class who trusted me to discreet in their knowledge.

Forced outing

A few months went by. When at work, another friend of mine, someone I wasn’t out to yet said, “Hey, so-and-so told me you used to be a girl.” Of course, I didn’t care about this well. It took me an hour or so but I eventually found the source of my non-consensual forced outing. A guy I went to high school with apparently took it upon himself to inform another coworker of mine who informed my other coworkers.

Just like that, I lost the control I thought I had over my own business. Just like in high school.

No longer fearful

Luckily, now at this point in time, I’m not scared anymore. I’m not pissed off more than anything. My roommate is a Trump-loving transphobe. I hear the n-word with a hard ‘R’ outside my window every other day. No one can respect other people’s names and pronouns. On that last note… I’m lucky. I pass as a cis boy well enough that no one second guesses my name and pronouns. But there are plenty of trans people here who get the double-triple-quadruple looks of confusion or hostility, and who people love to analyze what their gender could possibly be all while still misgendering them. I’m privy to these conversations discussing and misgendering a possible trans person because people assume I’m cis and lacking in basic human decency and manners.

Transferring to WWU

Because of all the instances listed above, I’ve chosen to transfer to Western Washington University (WWU). WWU is a university where people’s pronouns are respected, racism isn’t tolerated, ignorance isn’t celebrated and no one is going to yell something at me out the window of their pickup truck. WWU is a place that isn’t lacking in basic human decency. WWU is a place where I can hang my trans flag up high and no one is going to yell something at me out the window of their pickup truck.

Lack of education

There are many more transgender students than I expected at this school. The problem with a lack of acceptability and understanding that comes from the students, I believe, lies in the lack of exposure and education by CWU’s institution. There are not a lot of trans or queer kids in general advertising their identity because of fear. But, I’ve found that education defeats ignorance.

What I find more distressing and offensive than a general lack of knowledge about LGBTQIA+ people is that the people I see and observe educating other people about trans people are not trans themselves. What little education is being promoted by groups like EQaul is not well advertised. I believe CWU’s environment of ignorance can be overcome by better efforts from organizations and the university as a whole to host events designed to educate people on the issues of transgender people. Personally, I’ve spoken to personally I believe they’ve never met a trans person and I come out to them. For a lot of people, I am the only trans person they know personally and as a result, the only source of knowledge on trans issues.

FAQs in the LGBTQIA+ Community

Q: What does LGBTQIA+ stand for?
A: Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual. The LGBTQIA+ community is a large and diverse population with many different identities. Those listed in this acronym are but a few, hence the plus to be inclusive of all LGBTQIA+ identities.

Q: What does it mean to be non-binary?
A: As the word states, these are people who identify outside of the gender binary of male or female. This can take many different forms and is typically considered an umbrella term. Some people, individuals may identify as transgender, but this is not always the case.

Q: What is the difference between sex and gender?
A: Sex has a correlation with your biological chromosomes and secondary sex characteristics, whereas gender has no correlation to the biological body and is about identity. It is also important to note that there are not only two sexes but three.

Q: What makes a good ally?
A: This applies to being an ally of any community and is about being supportive, not your own merit. Being an ally is not a badge to wear but active participation within the LGBTQIA+ community.