Concussions within collegiate sports

The NCAA has stood at the forefront of controversies over head injuries for years, universities like CWU are looking to make a positive impact on athlete safety

By Hanson Lee
Sports Editor

Blackout

CWU wide receiver Landon Jones is set to receive the punt from the Texas A&M Commerce Lions. It’s a line drive and Jones gets ready to make a return uphill. With stadium lights illuminating the field, Jones runs toward the ball, but before he can catch it, he gets hit.

“All I remember was ‘OH I got this, I got this, here we go,’” Jones recalls. “Literally before the ball could even touch me, everything went black.”

Jones looked dazed and drowsy as he got to his feet and walked off the field with his head down. As he left the field, CWU head athletic trainer Isaac Perry ran to aid Jones. Perry could tell what was going on and quickly understood the significance of the injury.

“Isaac knew right away,” Jones said. “He had known as soon as it happened.”

Sitting on the sidelines with Perry, tunnel vision kicks in as Jones gradually begins to come back to reality. Then Jones realizes what had happened on the punt return; he had just sustained his third concussion. Jones had no recollection of being helped off the field moments earlier. The last thing he remembers is right before he tried to catch the ball, when everything went black.

Over the past two years at CWU, there has been a combined total of 41 diagnosed concussions amongst all contact sports. With 17 of these concussions occurring during the 2016-17 athletic year, Jones is one of 26 student-athletes that have sustained concussions at CWU over the course of the 2017-2018 athletic year.

Perry described the two year comparisons as normal and emphasized that concussions are never going to occur consistently on a year-to-year basis.

“It’s always gonna fluctuate, that’s just the nature of sports,” Perry said. “We really try to educate [our athletes] at the beginning of every year and throughout the year about signs and symptoms of a concussion.”

electronically, CWU Athletics has been tracking diagnosed concussions since 2016. Prior to 2016, concussion evaluation and diagnosis was tracked via print form, but wasn’t specifically tracked by the athletic department as a separate measurement.

Perry explained that prior to 2016, athletes each had their own medical file consisting of their medical information, including concussion evaluation and diagnosis. Each athlete’s individual file would then go into one organized file consisting of every athlete’s medical file.

When asked, the athletic department stated it could take up to a month to find concussion evaluation and diagnosis for athletes spanning prior to 2016 because of the time it would take to sort through every athlete’s medical file.

What you need to know

From a medical standpoint, concussions are caused by a shaking or blow to the head area.

Kittitas Valley Health Care Chief Medical Officer Kevin Martin detailed the impact that a concussion can have on athletes of all ages.

“Just about anything that causes the brain to shear can cause a concussion,” Martin said.

When observing and diagnosing concussions on a functional level, Martin said that he looks for cognitive changes, perceptual changes, changes in responsiveness and changes in motor function. Martin expressed that even with the extensive research about concussions occurring over the years, there’s still more that is unknown about the effects of a concussion on the human brain.

“It’s so difficult to study in real time,” Martin said. “We’re trying to get a better understanding of the neurochemistry involved and I think that’s gonna be very fruitful moving forward.”

- See “Concussions” page 9

Manwell asked to resign

By Miles King
Editor-In-Chief

Former CWU political science professor Dr. Matt Manweller was accused late last week of having a sexual relationship with a 17-year-old high school student in 1997 when he was at least 10 years older. Manweller has denied the allegations.

In the wake of the latest allegations, first reported by the Northwest News Network, Republican leadership in the state has asked Manweller to resign from his representative office. He declined the resignation request and explained the reason in a statement on Monday.

“I will serve out the remainder of my term but it is not my intent to serve another term,” said Manweller in his statement. “If I am re-elected, I plan to resign before the session begins or whatever the law requires.”

Manweller will remain on the ballot in the upcoming midterm elections for the 13th district, running against democrat Sylvia Hammond. Although he said he will not serve another term, Manweller cited the importance of his re-election so he can be replaced by another republican.

These latest allegations continue what has been a summer filled with other accounts of inappropriate conduct by the Washington representative. In mid-August, CWU concluded a nearly yearlong investigation into allegations by former students of Manweller of inappropriate behavior. The university terminated his employment effective immediately.

Manweller also denied these accounts and claimed the university’s decision to be politically motivated. Manweller has since filed a lawsuit against CWU for wrongful termination.

Despite Manweller’s attempts to refute his investigation and termination, former CWU student and now political science lecturer Salam Awad believes the university did the right thing.

“The objective is always to make sure that the students feel safe and the students feel secured,” Awad said. She added that she is glad student concerns were addressed.

Awad is a former student of Manweller’s at CWU. She completed two courses with him in 2012 and 2013.

“As his student, he was a great professor, which is a really an unfortunate part,” Awad said. “He had definitely a great skill set.”

Awad noted the difficult year he had and claimed politics to be “a very nasty endeavor” in his statement Monday. He also gave insight into his future plans.

“Moving forward, I am primarily focused on creating a safe and healthy environment for my family, in particular, my wife and two children,” Manweller said.

Football players are among the most likely athletes to sustain concussions. CWU has taken measures to prevent them and provide resources for those who have.
Get to know the staff

What is your favorite thing about fall?

- "Wearing sweaters all day long," 
  - Mariah Valles
- "It’s not too hot and it’s not too cold," 
  - Jack Belcher
- "Carving Pumpkins," 
  - Alexa Murdock
- "Football season and later basketball," 
  - Miles King

What are you most excited for this quarter?

- "Doing a job I have never done before," 
  - Francesco Somaini
- "To be back on campus," 
  - Jack Belcher
- "Homecoming week," 
  - Alexa Murdock
- "Reporting more in the Observer," 
  - Mariah Valles

What will be your most difficult class this quarter?

- "My web-development class," 
  - Alexa Murdock
- "All of them are equally difficult," 
  - Jack Belcher
- "Family and Childlife 310," 
  - Mariah Valles
- "Media Ethics," 
  - Miles King

Halloween or Thanksgiving?

- "Thanksgiving, I get to pig out," 
  - Matt Escamilla
- "Thanksgiving, because of the desserts," 
  - Miles King
- "Halloween!" 
  - Alexa Murdock
- "Halloween" 
  - Jack Belcher

Quote of the Week

Seven months ago, my girlfriend had newborn twins. When you have something besides yourself to think about, that’s where I was like, ‘I can’t lie about this.”

- Concussion, Page 9

Observer Deck

Hello Wildcats!

Welcome back returning students and welcome to all new freshmen and transfers.

As the new academic year begins, some things have changed, both on campus and here in our newsroom.

The Samuelson remodel is finally completed and the building is gorgeous. The newly lit turf football field is nearly complete as well as the new track and recreation field.

You may have noticed some giant horns across from the new Samuelson as well. We’re just as curious about those as everyone else.

As for our newsroom, we are under new management and advising. Our staff returned just one editor to their former position, everyone else is in new roles. We also have a new advisor, Francesco Somaini, who we are very excited to work with going forward. His input and wisdom will be invaluable for our new staff in the quarters to come.

I am excited and ready to crush this fall quarter as well as bring the most important news on our campus to our students.

Good luck this quarter,

~Miles King
Editor-In-Chief
Samuelson opens in time for the start of classes

By Jack Belcher
News Editor

After a decade of planning and two years of construction, the new Samuelson STEM building is finally open. Many students have walked past Samuelson in the last couple of years due to its location between Black and Mitchell Hall, and just south of the Science II building. With the opening of the building, much of the southern half of the campus has opened back up to foot traffic that may want to check out the new building and what it has to offer the university.

Doug Ryder, who, for the last six months, has been the project manager for Samuelson as well as the academic facilities planning officer, is excited to see the building help CWU students.

“I like the idea that it is a student-centric, student-first, and it’s designed around engaged learning,” Ryder said. “There is a lot of flexibility in the classrooms and it has really sophisticated instructional technology.”

The technology in Samuelson makes it appealing to students looking for a place to study. According to Ryder, Samuelson is designed with high density Wi-Fi and high-density seating areas, such as breakout rooms. These rooms consist of a table, a wall-mounted computer monitor and sliding glass doors that eliminate outside distraction.

Samuelson is going to be used by many departments, such as math and sociology. It will also be home to Information Technology and Administrative Management (ITAM) and the Multimodal Learning department.

“One of the things we are most excited about is our active learning classrooms that change format from lecture to more group work,” said Delayna Breckon, Senior Instructional Technologist for Multimodal Learning.

Multimodal Learning has moved to Samuelson from Black Hall, and according to Multimodal Learning Executive Director Dr. Christopher Schedler, this is space in the new building that they didn’t have in Black.

“Basically they’re [Samuelson’s active learning classrooms] meant for active, collaborative, teamwork-based learning and they have the technology with monitors on every wall, so students working in groups can share digital content to individual monitors or share with the whole class,” Schedler said. “The instructor is actually in the center of the room, rather than at the front, so it’s different than the kind of lecture model. It’s meant to be more collaborative, interactive, active learning.”

Schedler appreciates that the Samuelson is “future-proofed” and has space for wiring and features that improve the ease of use of the new technologies that are in the building. This will help in the goal of the building, in that it will use technology in order to improve student learning.

One of the more advanced rooms in the building is the create lab. This lab is open to students and faculty to work on projects requiring advanced technology such as 3D printers, virtual reality and laser cutting. This is also helped out by the one-button record centers located near the create lab that students can use to record audio for projects such as podcasts.

Samuelson is not an entirely new building. There was an old Samuelson building that served as the student union building before that department was moved to the SURC. Originally built in 1926, the Samuelson Union Building, or SUB, underwent many renovations, the most recent of which was in 1969. While construction on Samuelson required that the larger southern wing of the building be torn down, the university was able to keep the superstructure of the northern wing largely intact.

“We kept the overall bones of the 1969 building,” Ryder said, “and did a complete renovation of all the systems.”

Ryder said that the major construction on Samuelson was completed slightly ahead of schedule and attributes this to Lydig Construction, a contracting company that CWU has used in the renovations of Black Hall in the 1990s and is currently using in the construction of Dugmore Hall, the new residence hall north of Brooks Library.

Samuelson is still undergoing some construction, but Project Manager Doug Ryder said that it is 95 percent complete, and should be finished in a month or two.

The northern wing of Samuelson contains the framework of the 1969 building, and got a complete renovation of systems.
Sleep tight and don’t let the bed bugs bite

Bed bugs have been a nuisance in Ellensburg, but quick action against an infestation can lessen their presence

By Jack Belcher
News Editor

In recent years the amount of bed bugs in the United States has skyrocketed. Experts believe this is due to more densely populated areas and the increasing popularity of travel. Experts in Kent say that if you want to deal with bed bugs very rarely, and that most calls about bed bugs would be false alarms. That was ten years ago. Now, they receive bed bug calls up to ten times a week.

Bed bugs are small, brown insects that feed off humans. A life span of a these insects is around a year, during which time a female bed bug can lay up to 500 eggs. These insects can live unnoticed for months, due to their nocturnal nature and the fact that they usually hide under the covers.

The surge in the amount of bed bugs in recent years has led to pest control companies, like Pointe Pest Control in Yakima, to create a department focused entirely on eliminating bed bugs. “…A lot of people don’t even notice that they’ve been hit by bed bugs because they don’t have an allergic reaction to them, so some people live with them for a very long time,” Daniel Guzman, a pest exterminator at Pointe Pest Control said.

Guzman is not a member of the bed bug department at Pointe, but he has dealt with them in the past. He also knows that bed bugs don’t like to travel far from their food source, which is humans. This means that the best place to look for a bed bug is in your bed. While looking for bed bugs around your bed appears to be obvious, there are some specific places that you should look, such as the seams of the mattress as well as the headboard. Also be aware of any bite marks that have appeared on your skin. Remember to check beds at hotels when you’re traveling.

Other exterminators say that once you find bed bugs, it is critical that you report them. The best way to be bed bug free is to identify the problem early. These exterminators have been to apartments where people have noticed about a bed bug infestation but have been afraid to report it for fear of being evicted. This only makes the problem worse, and someone is eventually going to notice, at which point the resident is in even more trouble, due to the fact that they knew about the infestation and did nothing.

Bed bugs do not discriminate when finding a place to live, as having a clean or dirty living space doesn’t affect them in the slightest. This is because these insects do not eat food scraps, or live in the garbage, and usually come into a house or apartment via furniture or clothing. Many apartment managers understand that bed bugs don’t discriminate when finding a place to infest. While the apartment managers of University Park & Place, the Meadows, and Cascade Villages require that residents sign a contract regarding any future bed bug infestation, according to Marie Turner, apartment manager of Cascade Village, the resident responsible for the outbreak would be charged for the cost of the extermination, but would not be evicted from the apartments. Turner stresses that this would only be the case if it could be proven during a professional inspection that the tenant was responsible for the infestation.

Shyanne Brown, leasing consultant for University Park & Place Apartments said that they give out brochures regarding bed bugs to all of their residents. “I would compare it to our mold addendum, whereas if you see the mold you let us know so that we can help fix that,” Brown said.

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Community manager of The Meadow apartments, Amanda Sanford, said that if a resident notices bed bugs at any time they have to tell the manager. The resident would then be held responsible for the cost of the extermination, but there would be no other penalties. The idea being that residents let the apartment manager know as soon as possible so that the problem can be dealt with before it gets out of control.

While bed bugs feed on human blood, there has never been an instance of them spreading any diseases to humans. Although they do not pose a serious health risk to people, it is still critical that they are dealt with as soon as possible. Bed bugs are difficult to exterminate without professional help. Extermination requires killing the insects with heat, and many pest control companies will bring in heaters that cook the bed bugs alive, essentially turning a bedroom into an oven.
Scene
EDITOR: Matt Escamilla scene@cwuobserver.com

Zoolander Bingo Night a success

By Matt Escamilla
Scene Editor

Going to social events on campus in the first week of a term is a fun and easy way for students to break the ice with one another while at the same time making CWU feel like their second home.

This is especially true in the beginning of fall quarter. That is the intention of Bad Movie Bingo Night, created by Katelyn Clavette special events coordinator within Campus Activities and her coworker Lacey Enos.

“We decided on a Bad Movie Bingo because it was a quick and an easy event to plan,” Clavette said.

“Zoolander” Bad Movie Bingo was held Saturday, Sept. 22 in the SURC Theater. Clavette and her fellow event staffers arrived with 100 bingo cards. In total, about 110 students showed up for laughs, free treats and drinks.

“The turnout was great, especially for a Saturday night,” Clavette said. “Most of our events are free and it’s a great way to meet people.”

Deanna Powelson, a freshman and one of the three prize winners was referred to the event by a friend. Prizes included Starbucks gift cards and Zoolander memorabilia.


Freshman theater major Sophie Maio was another prize winner. Maio said she loves the movie and thought the event was a good way to get out of the house and not stress about anything, Maio said. Maio hopes for more events like this the remainder of the school year. However, this event will be the only of its kind this quarter, according to Clavette.

“It’s possible there could be more [Bad Movie Bingo Nights] in future quarters like winter and spring, but not this quarter,” Clavette said. “Campus Activities is aiming for a variety of different events.”

The event also appealed to those who are transfer students. Sophomore transfer student Zachary Adams wanted to get out and see what was going on around campus. Adams said his former school, Walla Walla Community College, did not have events like Bad Movie Bingo.

CWU emphasizes interaction and getting involved around campus, according to Assistant Director of Housing John Mounsey.

“The biggest thing that we promote is for students to engage. This is really on any level,” Mounsey said. “Central will begin to feel more like home when students have personal relationships or connections with other students, faculty or staff.”

An easy way for new students to break the ice with fellow students is not only at events, but within the residence halls, according to Mounsey.

“In the residence halls we provide the lounges with simple activities as another option fostering student interactions,” Mounsey added. “These opportunities continue throughout the year and we work hard to help students find their niche. We say and believe that ‘You belong at Central.’”

Central will begin to feel more like home when students have personal relationships or connections with other students, faculty or staff.

John Mounsey, Assistant Director of Housing

Upcoming Events

Extravaganza on the 11th
Cristela Alonzo on the 12th.
Rocky Horror on the 26th haunting at central on the 27th and boo central on the 31st
“What do you wish you would’ve known the first quarter of your freshman year?”

“Dollar Scoop Nights! The best break from studying :)

“Go to class and nap later”

“Disability Services is a Godsend”

“Utilize your resources! Take advantage of the free services that come from paying tuition - especially the Love Glove Club and the SMAAC!”

“BE INVOLVED IN THE HALLS. It makes a huge difference and you’ll make a lot of great memories.”

“You have to get to class up to 30 minutes early to find a parking spot.”

“It’s ok to let go of your high school friends, or to end freshman year with a different group of people than you started with.”

“Eat actual meals, not just snacks from the C-Store and coffee stands, the money adds up! Take care of your bodies and drink some water.”

“Join clubs and teams”

“Introduce yourself to your professors. Having a working relationship with them is a great way to build rapport.”

“Leave your car at home! Everything you need is within walking distance. USE the Central transit bus, it’s free!”

* Answers from CWU Observer Facebook Page
FRI. SEPT 28
Auditions for Rocky Horror Picture Show
6 - 9 p.m. • SURC Ballroom
Audition for the shadow cast in this cult classic event! The main show is Oct. 26.

SAT. SEPT 29
Wildcat Tailgate
3 - 5:45 p.m. • Tomlinson Stadium • Free
Join the pre-game fun with music, games, a gameday photobooth, eating competitions and more. Stay for the first football game under the lights!

MON. OCT 1
MMM: The First Purge
7 & 9:30 p.m. • SURC Theatre • Free / $3 GA

TUES. OCT 2 - Fri. NOV 2
Office 365 Workshop
Collaborate in the Cloud!
Discover how to use Office 365 programs like Teams, OneDrive, Forms, Planner, and Sway. Check posters around campus for workshop dates/times!

WED. OCT 3
Women in Industry Panel Discussion
5 p.m. • SURC Theatre
Free • Open to Public
Discover how eight women are changing the industry landscape, and join the discussion. Student program fair will follow.

ON SALE NOW:
Cristela Alonzo: Homecoming comedy
cwu.edu/tickets

COMING SOON:
Kittitas Connect: Yakima River Cleanup (Oct. 6)
cwu.edu/leadership-engage
Homecoming Week (Oct. 8-13)
cwu.edu/homecoming

WHERE TO...

Downtown Bucket List

SHOP
○ Pearl Street Books & Gifts
○ Mountain High Sports, Inc.
○ Better Life Natural Food
○ Evolv Clothing & Jewelry
○ Brick Road Books
○ Ellensburg Floral
○ Maurice’s
○ Flirt
○ Super 1

EAT
○ Cornerstone Pie
○ Sugar Thai
○ The Palace Cafe
○ The Kabob House
○ Fidelina’s Taqueria
○ Wing Central
○ Tacos Chalito
○ The Porch
○ The Boss Brazilian Barbecue

CROSSWORD

Questions
1. This business offers $1 scoops of ice cream on Tuesdays.
2. The 1891 _____ across from Bouillon is now open 24/7.
3. The name of the student-run newspaper on CWU’s campus.
4. The name of the residence hall that will open Fall 2019 is called ______ Residence Hall.

Answers
1. Winegar’s
2. Bistro
3. Observer
4. Dugmore

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Women in ASCWU on the rise

By Mariah Valles
Managing Editor

Edith Rojas is the first female ASCWU Student Government president in 10 years

Self-doubt, pushback from male peers and negative stereotypes often plague women in leadership roles. For Edith Rojas, the climb to the top of ASCWU Student Government has included these adversities.

Following her freshman year, Rojas deeply considered transferring out of CWU. After learning about a successful broadcast-field alumnus from the University of Oregon (UO), Rojas filed an application to transfer. However, once she learned she got a job as an orientation leader and later a resident assistant at CWU, she decided to stay in Ellensburg.

According to Rojas, being involved with campus activities can, “make or break your experience and time at CWU.”

Toward the end of her sophomore year, Rojas planned to cover the AS-CWU debates for Central Newswatch. Less than three days after, Rojas ran into ASCWU president in 10 years. Rojas said the administration is supportive, but some struggles exist with her male peers.

Rojas said she gets mocked at times and that her title is thrown at her in a negative manner.

“Okay, Miss President,” some of her peers have said.

Rojas expressed she is still adjusting to her title. Rojas feels she can still be herself, but is held to a higher standard with her position.

She added when you work somewhere, in most cases you can take off your uniform and nobody would ever know you worked there. “When you’re a student body president, no matter what you wear, you’re still a student body president,” Rojas said.

Women in leadership at CWU

Maurice Watkins, Vice President of Equity and Community Affairs works hands-on with CWU students by overseeing eight marginalized groups on campus.

“It’s really great when you see a woman in a leadership role,” Watkins said. “Being the way our society is made today it’s still frowned-upon sadly after years and years.”

Watkins believes having women in leadership roles at CWU is very important and completely supports it. “It’s a wonderful accomplishment and it’s wonderful to see when women are put in leadership roles,” Watkins said.

This year the ASCWU Student Government consists of two males and five females.

“I do believe it [women in leadership] is on the uprise and I believe that’s a great thing and I hope that it continues to remain on the increase,” Watkins said.

Junior Claire-Ann Grepo, Vice President of Academic Affairs, is a first-generation Filipino-American student at CWU.

Being involved with ASCWU as a woman and as a part of a marginalized group on campus is “a lot of pressure,” Grepo said. “You don’t really know what you’re getting yourself in to.”

Grepo said there are a lot of stereotypes and high expectations that a woman is held accountable for. Rather than let the stereotypes get her down, Grepo uses them to push herself to work harder and be the best she can be, regardless of her gender.

Grepo currently holds the position Rojas held last year.

“T’seen the way she [Rojas] leads and the things that she’s done. I’ve seen her face issues with other people that might doubt her and how she responds to that.”

Grepo was trained for her position by Rojas, which she’s grateful for and praised her resiliency.

“It’s easy to get let down because you have such high standards but I’ve seen Edith get back up and I do not doubt that she will be amazing,” Grepo said. “I’m really excited to see what she has coming.”

Edith Rojas takes center stage, ready to take on the role of ASCWU President.
CWWU strives to increase concussion safety for athletes

“Concussions” from page 1

CWWU concussion protocol

A major part of CWWU’s concussion protocol are baseline tests. Perry explained that when athletes first arrive at CWWU, they are required to complete a baseline test of their cognitive and physical functions, such as memory, balance and coordination. With the baseline set, the athlete is still monitored throughout the test as well to ensure they continue to perform at their normal standards, the athlete’s removal is from play immediately. Regardless of the competition level: game play or practice, if they are removed, Perry said.

“Even if it’s mild, they’re done for the day no matter what,” Perry added.

Those athletes must proceed with concussion protocol before they can return to play.

Perry said it’s important to explain to athletes what a concussion is, why they should report it immediately and why every athlete should be looking out for their teammates.

“The biggest thing is making sure that in the end, we’re not trying to hold them out,” Perry said. “If it’s a safety factor and they’re not safe to be in there, they need to be held out for their own good.”

CWWU Football

Research has consistently shown that football sustains the highest number of concussions. CWWU football players have accounted for almost one-third of the diagnosed concussions schoolwide over the last four years due to the nature of the sport and its contact rules and regulations. Doing so will result in a penalty of a yellow or red card. A yellow card calls for removal from play for 10 minutes while a red card removes the player from the game.

Guardian Caps

Guardian Caps are a relatively new concept that CWWU implemented in the spring of 2017 to help prevent concussions within the football program. The caps are simply designed, working as an extra layer of foam padding, which completely covers the outside of the helmet.

“We feel like it brings an awareness to the idea that we’re trying to do something different about concussions,” Shoenmaker said.

According to Perry, those collisions aren’t as intense as they might be if they were truly helmet to helmet.

A regular football helmet consists of interior padding and a hard outer shell. The foam padding on the Guardian cap wraps around the athlete’s helmet, absorbing the initial impact before it reaches the outer shell. Financially, the cost required for a full stock of Guardian Caps totaled out to be over $0,000 for the program.

According to Shoenmaker, adequate funding for the guardian caps was outside of the program’s base budget, requiring the team to gain funding through football’s portion of CWWU’s Alumni Challenge, which is put on annually by the university’s alumni foundation.

“We decided that it was a need for the program as a coaching staff,” Shoenmaker said. “We’re trying to follow the rules and the regulations that are out there, but also be as aggressive and as intelligent as we can be about making good decisions for our kids.”

Since Fall 2017, the Guardian Caps have been officially incorporated into the program’s base budget due to the impact they’ve had on the field.

Shoenmaker believes that the Guardian Caps have helped raise awareness surrounding concussions.

“As long as we can fund it and we feel like it is a positive, we’re definitely looking to keep it going,” Shoenmaker said.

CWWU Rugby

CWWU Rugby has only been a varsity sport since 2014. With rugby seemingly gaining in popularity over the last few years, Perry said that in rugby, seeming to hold the same concepts as football, except with no padding and helmets, it may be surprising that the sport boasts less concussions than football.

This is because rugby has strict rules for tackling. According to men’s rugby head coach Todd Thornley and women’s rugby coach Kevin Richards, players are not allowed to commit any type of tackle above the shoulders. Doing so will result in a penalty of a yellow or red card.

A yellow card calls for removal from play for 10 minutes while a red card removes the player from the game.

Men’s side

CWWU Men’s Rugby athletes have accounted for eight, or one-fifth of concussions schoolwide from 2016 to 2018. Still, the Men’s Rugby team boasts the highest increase in concussions since 2016-17, according to one diagnosed concussion in 2016-17 lifted by seven in 2017-18.

Thornley explained that this increase had a lot to do with the number of inexperienced athletes that recently joined the team.

“A lot of them haven’t taught how to tackle the right way and a lot of the coaches had limited high school rugby experience,” Thornley said.

According to both Thornley and Richards, college rugby is faster, paced and more physical. If safe and proper tackling technique are not executed at this level, the game has the potential to become much more dangerous.

Women’s side

CWWU Women’s Rugby accounts for seven, or 17 percent of the 41 total concussions. Three of these were in 2016-17 and four in 2017-18.

For Richards, watching an athlete use their head as a weapon is the last thing he wants to see out on the pitch.

“If I see it in a game or I see it on film, I will say ‘please, I’m doing this for your own good. Don’t do this,’” Richards said.

Richards explained that his rugby career was ultimately cut short due to injury and expressed his firsthand experience playing the sport at the collegiate level. Richards noted that he probably sustained a multitude of concussions during his time as a rugby player, but that they went undiagnosed due to the lack of knowledge at the time.

“I never had anybody tell me no, and so I always try to be that person now,” Richards said.

The next game is important, but keeping you around and making sure you can lift your kids up one day is more important.”

Richards said.

What a lot of athletes don’t always realize is that they’re realizing the importance of making good decisions for our kids.”

Athlete resources

Concussions aren’t always avoidable and occasionally happen to athletes participating in contact sports. CWWU provides a variety of on-campus resources for athletes in the recovery process.

Student services, tutoring services and various types of rehab specialists are available options depending on the athlete’s circumstance and what they currently stand in the recovery process.

“Things aren’t going well and if we’re not liking how someone’s responding, let’s make sure we’re getting the proper help along the way,” Perry said.

One of the biggest resources for CWWU’s student athletes is the university’s secondary insurance plan, which is provided to all student athletes. The plan provides students adequate medical coverage for most medical expenses as it pertains to any injury. This plan becomes effective when the athlete is not able to receive medical care through their primary provider given the circumstances and where they currently stand in the recovery process.

Various types of rehab specialists are available depending on the athlete’s circumstance and what they currently stand in the recovery process.

“Knowing this reality means that student athletes realize that it’s their responsibility to report [concussion],” Fran- cois said. “With all of the literature out there, with all the news, I think people realize that with the importance of reporting [concussion], we can diagnose it properly as well as get them returning to play as soon as possible.”

For former CWWU football wide receiver Landon Jones, telling the truth and being honest about concussions was difficult, but a task he had to come to terms with.

“Seven months ago, my girlfriend had newborn twins. When you have something besides yourself to think about, that’s where I was like, ‘I can’t lie about this.’

What a lot of athletes don’t always realize is that they’re making the mistake of small role collegiate sports are going to play their life.”

“They’re gonna be here for four or five years, we want them to have a successful life after they leave Central,” Perry said. “That’s what’s important.”

Concussion symptoms include:

- Blurred vision
- Vomiting
- Headaches
- Poor balance/coordination
- Dizziness
- Memory problems
- Inappropriate emotions
- Drowsiness
- Excess sleep
- Loss of consciousness
- Nausea

“Seven months ago, my girlfriend had newborn twins. When you have something besides yourself to think about, that’s where I was like, ‘I can’t lie about this.’

Athlete resources

Concussions aren’t always avoidable and occasionally happen to athletes participating in contact sports. CWWU provides a variety of on-campus resources for athletes in the recovery process.

Student services, tutoring services and various types of rehab specialists are available options depending on the athlete’s circumstance and what they currently stand in the recovery process.

“Things aren’t going well and if we’re not liking how someone’s responding, let’s make sure we’re getting the proper help along the way,” Perry said.

One of the biggest resources for

Men’s side

CWWU Men’s Rugby athletes have accounted for eight, or one-fifth of concussions schoolwide from 2016 to 2018. Still, the Men’s Rugby team boasts the highest increase in concussions since 2016-17, according to one diagnosed concussion in 2016-17 lifted by seven in 2017-18.

Thornley explained that this increase had a lot to do with the number of inexperienced athletes that recently joined the team.

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One of the biggest resources for
By Hanson Lee  
Sports Editor

School is in session and Wildcat Football is already well underway for the 2018 calendar year. The Wildcats are 3-1 on the season thus far and remain undefeated within the GNAC, with their only loss coming from week one where they faced off against Division I opponent Eastern Washington University.

“The first game was a little bit of a growing pain against Eastern Washington,” said head coach Ian Shoemaker. “After that, we’ve started to put together some decent games and are feeling good going into the home-opener.”

Last season, the Wildcat turned a lot of heads with an un-defeated run of 11 straight wins before losing an elimination game to Texas A&M Commerce in what was the NCAA Division II South Region football semi-finals playoff.

With week five on the horizon, the Wildcats are looking to prepare for their first official home game of the season under the lights on Saturday, Sept. 29. The team will welcome the West Texas A&M University Buffaloes in what will be the team’s inaugural game at the newly renovated Tomlinson Stadium.

“Being able to play on the turf and play under the lights, we hope it’s a great atmosphere for the fans, the band and the student body,” Shoemaker said. “We think it’s a great opportunity to really showcase our team and our players.”

With three fast wins the past three weeks, the team most recently hit the road to face off against GNAC opponent Simon Fraser University in what was a 63-10 blowout by the Wildcats. Now at home, Shoemaker has his sights set high for the team’s performance this Saturday.

“We talk about making sure that we are holding ourselves together... each week preparing at a high level to win and be 1-0 on the weekend,” Shoemaker said. “We’ve had some good success running the ball over the past couple weekends and the defense is improving and getting more comfortable with the new defensive scheme.”

Senior starting quarterback Reilly Hennessey, in his final season with CWU, leads the offensive charge for the Wildcats and is looking to spark a new level of success for the team. In preparation for Western Texas A&M this Saturday, Hennessey said that their main focus for their upcoming home-opener boils down to improving efficiency and execution.

“We’re making strides each week both offensively and defensively,” Hennessey said. “I’m really happy with where this team is going.”

Hennessey stressed that the important thing for the team going into this weekend is to do their job correctly and stay on the same page. For himself, Hennessey emphasized that he needs to keep it simple and do a better job of continuing to get his teammates involved out on the field.

“It’s always nice when you can learn and grow through wins,” Hennessey said. “When we do that, we feel like we can truly compete with anybody.”

With the Tomlinson Stadium renovations adding a whole new dynamic to gameplay for CWU Football, a build up of anticipation regarding the new stadium features may be an understatement for the community and football players alike.

“I think the night atmosphere for students and for the players as well adds another level of excitement,” Hennessey said. “I think the turf is awesome.”

On the defensive side of the hall, junior linebacker Tevin Gray is the key component for the Wildcat defense, having racked up a total of 17 tackles to go along with two sacks on the year thus far. Gray expressed his excitement for the main focuses for the defense in preparation for Saturday night’s festivities has to do with defensive execution and being in the right place at the right time, so that the right play can be made.

“Execution wise, we’re not always in the right spot,” Gray said. “We needed to work on not focusing on the product... we need to focus on the process.”

With some new faces on the Wildcat defense and the implementation of new defensive coordinator Ivan Cordova, the defense still boasts a solid amount of returners from last season. Gray said that this aspect on the defensive end has had a positive impact on the team’s defensive chemistry, which he expects will continue to grow throughout the remainder of the season.

“I think we’re coming along as a team, as a defense sure for,” Gray said. “We’re getting better everyday.”

By Matt Escamilla  
Scene Editor

After the first three games two of which were on the road an upcoming game against the awful Arizona Cardinals on Sunday, it’s a good time to evaluate and continue to have a high standard for the Hawks.

The Seahawks are currently experiencing a shortage of defensive talent. They let Michael Bennett, Richard Sherman, Cliff Avril and Kain Colchrist leave in the off-season. With the potential of an Earl Thomas trade still looming, the Kansas City Chiefs and the Dallas Cowboys are reportedly still interested in Thomas.

It should be said, Chancellor and Avril have had career ending injuries, but if they were healthy, they would have been part of this roster reset.

With all their losses having occurred in the off-season, this unit has yet again been the reason the Seahawks have been in all three games. In all honesty, I haven’t said “man we had so and so we would have won.” The only time I felt this way was when Shaquem Griffin got crossed up with his teammate on a flat route which led to a touchdown (TD) in Denver. If KJ Wright was out there, that flat route TD would not have happened. This defensive unit has been without Bobby Wagner (1 game), KJ Wright (3 games) and the cornerback depth has been a mess all year.

With all that said, I could make an argument the Seahawks should be 3-0 with all the roster turnovers.

The Hawks played their best game against the Dallas Cowboys on week three. The offense was balanced from a run/pass ratio. They used under 2 minutes when the defense was out of gas and on its heels. Russell used tempo to throw a TD pass to Wide Receiver Jaron Brown. The Seahawks running back Chris Carson ran hard on the day, rushing for 18 yards and one TD on 32 attempts. This was without a doubt his best game yet.

The defensive line got to Cowboy quarterback Dak Prescott constantly and constant pressure changes everything for a defense.

I would give the Hawks an overall grade of ‘C-’. They should have found a way to split in Denver or Chicago. Russell Wilson needs to find a way to get it done on the final drive to win the game. He’s done it before, however this is his first real experience of being the man and the offense being on his shoulders. Welcome to the franchise quarterback club, Russell Wilson.

My offensive MVP for the Seahawks goes to wide receiver Tyler Lockett. Lockett has been the most reliable playmaker so far for the Seahawks offense. My defensive MVP goes to Defensive Coordinator Ken Norton.

Norton has this defense playing fast and the unit has created turnovers in every game. They’re not perfect and they’ll make mistakes at times, however, I like where this unit is headed. This unit is on the rise and if they beat the Cardinals this Sunday, which they should, they’ll be 2-2. All things considered, that’s not bad after the first quarter of the year, especially since this is a year of resetting the roster.

Did You Know?  
Saturday night’s game to Texas A&M University will be the first home game in Ellensburg under the lights in CWU football history.

Senior starting quarterback Reilly Hennessey, CWU Quarterback  
Quartback Reilly Hennessey and the rest of the Wildcats look to keep their season on the rise at home.

Seahawks review after getting healthy against the Cowboys

By Hanson Lee  
Sports Editor

The Hawks played their best game against the Dallas Cowboys on week three. The offense was balanced from a run/pass ratio. They used under 2 minutes when the defense was out of gas and on its heels. Russell used tempo to throw a TD pass to Wide Receiver Jaron Brown. The Seahawks running back Chris Carson ran hard on the day, rushing for 189 yards and one TD on 32 attempts. This was without a doubt his best game yet.

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Seahawks starting quarterback Russell Wilson was without a doubt his best game yet.

The defensive line got to Cowboy quarterback Dak Prescott constantly and constant pressure changes everything for a defense.
Soccer sets their sights on the Wolves

By Miles King
Editor-in-Chief

The CWU women's soccer team will take on Western Oregon University (WOU) Thursday, Sept. 27 at home.

The Wildcats are coming off a 0-2 loss to Seattle Pacific University (SPU) on Saturday. CWU sophomore goalkeeper Emily Thomson had four saves for the Wildcats but allowed two goals. Makayla Sonstelie and Kasey Reeve chipped in a goal each for the visiting Wolves.

The Wildcats are coming into Thursday's matchup with an overall record of 1-4-2, with only two GNAC contests early in the season. They struggled to start the season, not earning a victory in their first five games; three of those played at home. Senior forward Kennedy Anson hopes the team can carry the momentum of a win over Montana State University Billings (MSUB) into the remainder of the season.

"We take it game by game and just want to focus on the little things that we do," Anson said. "And make sure that we're focused throughout the whole 90 minutes of the game and don't go through any bumps."

Anson addressed the team's need to focus for the entire 90-minute match, something the team has made a goal for the season. Senior midfielder Bailey Martoncik echoed the team's desire to play a complete match.

"It's a goal we keep addressing before each game," Martoncik said. "We want to keep focusing on it so we can really nail the whole 90 minutes."

Thursday's matchup will be the second of a two-game home stand before the Wildcats hit the road for two consecutive away games. Anson put an emphasis on getting points at home while playing in front of a favorable crowd.

"We want to get the three points where we can and Western Oregon is a team we feel like we should take advantage of and beat them," Anson said.

The Wildcats have not faced off against the Wolves yet in the early season and the two teams only met once in the 2017 season, a 2-0 victory for WOU in Ellensburg. Anson believes the team got in their own way much of last season and hopes this matchup with WOU will yield a different result.

"We got in our heads a lot throughout the whole entire season and we definitely would let that affect us," Anson said.

"We're just going to focus on the things that we do right and not really worry about who we're playing, just how we want to play and perform."

Coach Michael Farrand will utilize his entire squad in the match against WOU and throughout the season. In matches against MSUB and SPU, the Wildcats went deep into their bench playing eight substitutes. According to Farrand, the team's depth is a strength of this year's team.

"Our biggest problem last year was we no depth in our bench," Farrand said. "When a problem arose or we had an injury we didn't have a solution for it and that showed throughout the year with all the problems."

The Wildcats will look to make positive work of Western Oregon University on Sept. 27 at home.

Dear Students and Role Models,

We are so, so proud that you are doing well in college.

When you are home at Thanksgiving, we hope we can boast about something that will make us even more proud – that you registered as a voter and you cast a vote this year!

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Your family and friends

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