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Larabee walks off

Austin Lane
Senior Sports Reporter

After four seasons as head coach of the CWU Softball team, Mike Larabee resigned from CWU to continue his coaching career as an assistant coach at the University of Maryland (UM). Larabee said quite a few things went into the decision to resign. It started when UM head coach Mark Montgomery contacted Larabee, looking for an outfield and hitting coach with experience. Another factor for Larabee was the opportunity to be close to family.

“College Park is only about 20 minutes from where my daughter lives, in Arlington, Virginia … having family close by was very appealing. It was kinda the first time my wife could be close to her family, she’s followed me around the country at different places coaching, so that was a big part of it,” Larabee said.

Another reason for taking on the new job was the move from Division II to Division I. Larabee is the fourth coach to make the jump since Athletic Director Dennis Francois was hired in June 2013.

“Getting back into Division I into a Power Five conference played a little bit into it,” Larabee said. “They’ve struggled the last few years and that challenge of being able to flip the program around, which I think we can do really quickly, was also a part of it.” Out of four seasons at CWU, Larabee was GNAC Head Coach of the Year three seasons. CWU set 17 single-season records and had a total of 22 players earn GNAC honors.

In his first season in 2016, Larabee led the Wildcats to their winningest season in school history at 42-17. In the same season, the Wildcats were GNAC regular season champions, GNAC tournament champions and NCAA DII West Region champions. In 2017, Larabee led the team to a 20-6 conference record. In 2018 the Wildcats went 31-16 overall and went 19-9 in conference competition. In 2019 he led the Wildcats to another successful season, finishing the season 30-16 overall and 21-7 in the GNAC.

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SURC dining sees changes to menu

Amy Morris
Staff Reporter

Dean Masuccio, the director of dining facilities, has introduced some new changes. New food choices have been introduced, food stations have changed the way they operate and the seating arrangements have changed as well. While some changes are welcomed by students, others are not.

Masuccio started in this position September 2018. Since then he installed a few minor changes in the spring and then started the bigger changes in the summer in preparation for fall 2019. In Holmes Dining Room, Masuccio introduced a new station called sesame ginger, which includes fresh stir-fry to order, fresh ramen, fresh poke and a daily teriyaki special. He also introduced a daily comfort special which includes vegetarian and non-vegetarian options. Pop up dinners have been introduced to Holmes Dining Room as well, according to Masuccio.

In terms of breakfast, Eggs & Co. has been added which serves all day breakfast. Masuccio’s focus this school year is on introducing more fresh produce. He is also focused on sustainability efforts. Reusable diningware has been introduced within Holmes Dining Room, according to Masuccio.

New changes in Central Marketplace include digital menu screens along with menu adjustments. Taglianno’s Pizza now only makes pizzas in one size to make the process faster. The process of ordering burgers at Lion’s Rock Broiler has also changed. A new nightly special has been added to Lion’s Rock Broiler to make up for there no longer being a night special at Holmes Dining Room. The menu of El Gato Loco has been modified along with how the ordering process works, according to Masuccio.

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Changes in the SURC dining facility include a variety of new food choices, different seating options and eco-friendly diningware and napkins.
Digesting the new SURC dining changes

Continued from Page 1

Gang Wang, a junior majoring in aviation management, is on his third quarter working for El Gato Loco. The food stations are not as good as before, according to Wang. El Gato Loco use to allow people to put meat, beans, rice, cheese, sauces, toppings and vegetables in the quesadillas. Now only beans, rice, meat and cheese are allowed inside, according to Wang.

Natalie Rae, a sophomore majoring in Spanish, is not happy about the new process of ordering quesadillas. It takes just as long as the old way, according to Rae. The quesadillas end up messier as well because all the extra ingredients have to be on the side. A change she would like to see is having healthier options.

“We should have a fresh food market, because in the SURC there isn’t really any options for that except the salad bar and it’s kind of frustrating,” Rae said.

In Central Market and Holmes, changes to the seating arrangements have been made. In Holmes Dining Room, the big round tables were removed to increase the seating capacity for orientation, according to Masuccio. This change stayed for the fall to promote communal eating. The round tables are now in Central Marketplace to give a cleaner look. The napkins in Central Marketplace have been replaced with fully recyclable, compostable, non-bleached napkins. Napkin dispensers have also been placed on the tables, according to Masuccio.

Debrah Rolfe, a sophomore majoring in theater studies, is disappointed in some of the changes made. One change is that you can’t build your own burger anymore. She is happy about the new late-night rotating options and the fresh fruits offered in Holmes Dining Room. Rolfe also appreciates how there are napkin bins on select tables and how the circular tables allow for more room.

“Another good thing about the circular tables is that it promotes interaction between people and fosters community,” Rolfe said.

Future plans for the dining include more health and wellness options, according to Masuccio. Use of technology is also going to be increased to help with transaction and wait time. Ideally the changes would be introduced in winter. Identifiers will also be added to the digital screens to showcase top allergens in the meals they are preparing, according to Masuccio.

“You’ll start to notice not only at the SURC but across campus some of the cool things we’re introducing because we are approaching this as a campuswide initiative,” said Masuccio. “I think the SURC is the most focal point because of the geographical location but as you go across the campus and visit the other dining locations you will notice small enhancements over time that we are all excited about.”

The Lion Rock Broiler (left) changed the way it serves, going from a build-your-own-burger process to a ridged menu. (Right) larger tables provide more space for group meals but take space away from smaller groups.

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Run For the Brave (R4B) has been dedicated to first responders that have died or been injured in the line of fire. R4B started as a fundraiser for those who served during 9/11. Over 100 participants either ran or walked during the eighth annual R4B on Oct. 6. Kittitas Valley Hospital staff, first responders in gear, ROTC members and more showed their support to the first responders that serve the county.

Earlier in the year, according to Elise Herman, R4B coordinator, $3,000 was donated by sponsors before the event. This year there was a local need for the fundraiser, as Deputy Ryan Thompson was killed in the line of fire. The other first responder the race was dedicated to was Officer Benito Chaves, currently in recovery. Herman explains that this year’s R4B proceeds went out to each of the officers’ families and to the Kittitas County Veterans Coalition (CVC). The CVC is a non-profit organization in Ellensburg that helps veterans with transportation and life skills.

When the horn blew, the runners and walkers made their way down the course. Even when the last racers crossed the finish line, the event had not yet concluded. A small award ceremony was held for the fastest men and women in each age division. Children assisted Herman with the raffle drawing towards the end of the event. Also, according to Herman good feelings and the support for the first responders in Kittitas County went around during R4B.

‘Burg runs for the brave
AJ St. John
Staff Reporter

Run for the Brave (R4B) was held on Oct. 6.

Photos by Meghan Rochelle/The Observer

(Left) Members of the Kirkland Fire Department came to support Kittitas County and brought their families. (Right) CWU Army ROTC cadets run with heavy packs on.

(Above) Kelly Pritchett celebrates finishing second. (Below) Hospital workers in blue lead as the race starts.

According to Herman, it’s wonderful for people to see young people in ROTC. It’s a way for the community to thank first responders and the military.

Herman mentioned the Army ROTC students that show their support in R4B. The young participants are a great example of showing support in the community. Herman also said that the run is to support the responders from 9/11 and local responders.

Participant Jared Cloud, a senior, has ran R4B for three years now.

“It’s a great way to give community involvement and all the money goes to a good cause.”

Tiffany Stepanoff from the Kittitas Valley Hospital team said R4B is “a great way to get the community together.”

Stepanoff loves running and the event is another way for her to get in shape. Her reason for coming out, she said, is to support those who serve in Kittitas County.

Junior Meyr Hamilton riding his unicycle wanted to bring smiles to other participants. As a student from CWU, Hamilton went out with others to support the community.

Josh Deherrera, firefighter and paramedic, was off duty. He came out with the crew that was on duty to raise the ladder. Deherrera ran alongside his colleagues after they raised the flag.

For Herman, R4B is a way for the community to say thank you to those serving all year long.
Is graduate school right for you?

**Matt Escamilla**

**Staff Reporter**

Leina Diamond attended the “Applying for Grad School” workshop put on by Career Services last week.

“I wanted to have more information on how to apply because I’m starting to fill out applications now so I can get in for [next fall],” Diamond said.

Dr. Vicki Sannuto, director of Career Services, spoke about how to prepare and apply for graduate school. Students were given tips on taking the Graduate Record Exam.

Diamond mentioned that she is applying to Seattle University and CWU for her graduate degree. After completing her degree, Diamond wants to work for the FBI, CIA, police or do some more research in her field. Diamond also has minors in sociology and Japanese.

Director of Testing Services William Thelen said getting a master’s degree will provide an individual more opportunities as he or she graduating in physics, a bachelor is great, but if you get a master’s or doctorate, then you can do more research,” Thelen said.

According to Thelen, getting a master’s degree will give you a hands-on approach, you’re very close to your faculty here at [CWU]. They will teach you how to be a graduate student,” Thelen said.

According to Archer, students who are self-driven and willing to take on more responsibilities for their education in a graduate studies program have a better chance of succeeding.

According to Thelen, graduate students who are strong writers will also have an easier time than others completing their programs.

“Writing papers is probably the biggest problem for everybody because it’s something that they don’t necessarily focus on in undergraduate school. You’re writing papers for everything in grad school,” Thelen said.

According to Archer, there is help available for students who are worried about the cost of graduate school. It’s a lot easier to get financing for graduate studies than undergraduate because of a graduate assistantship. According to Archer, a student can work 20 hours a week, helping faculty members with research and teaching duties. The assistantship will pay for room and board, plus a good portion of tuition and books. In graduate studies, programs also offer fellowships, which are another form of scholarship.

“Never let that stand in the way of your desires,” Archer said.

Archer and Thelen both agree students should plan ahead and understand each school’s admissions process when applying for a graduate program.

“You really can’t start too early [when] thinking about graduate school,” Thelen said.

Archer also said individuals interested in graduate school should connect with professors, so when the time comes an individual can ask for a letter of recommendation.

According to Thelen, seniors aren’t too late, however, junior year is the preferred time to start the admission process. This way if students don’t have the scores they need after the first try, they can retake the admissions test.

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**Nicholas Tucker**

**News Editor**

At her 20th town hall, Congresswoman Kim Schrier answered questions asked by her constituents on topics ranging from healthcare and immigration to the presidential impeachment inquiry.

Schrier was elected to her position as representative for Washington state’s 8th congressional district last November, beating Dino Rossi. Prior to that she was a pediatrician for over 20 years after graduating from the University of California Davis School of Medicine and the Stanford University School of Medicine. Her experience in the medical field has transferred over to her political career, as many of her campaign promises and policy decisions have focused on healthcare reform.

“When I was elected, I ran on just a few main principles,” Schrier said. “One of them as a pediatrician, and I’m the only woman doctor in congress, was healthcare and wanting universal care that’s affordable and accessible to everyone in this country.”

Schrier, so far, has followed through on those promises. She has helped pass five bills aimed at bringing down the cost of prescription drugs and protecting those with preexisting conditions, as well as capping insurance premiums for low-income families.

“We’re not just making little nibbles around the outside, these are really big bites,” Schrier said.

Following a question on gun control, Schrier again brought up her experience as a pediatrician. She spoke about taking care of depressed teenagers and referenced a statistic from stating that guns are the third-leading cause of death in children (a fact backed by 2017 research by the Centers for Disease Control and Prevention).

Schrier voted for H.R.8, the Bipartisan Background Checks Act which passed in the U.S. House of Representatives this February.

“Gun owners, non-gun owners, if you just do a background check to make sure that the guns do not fall into the hands of people who would do us harm or do our children harm, then you’re making a big dent in gun violence,” Schrier said.

H.R.8 is among the bills still pending approval by the U.S. Senate, which Schrier expressed frustration about, especially towards current Senate Majority Leader Mitch McConnell.

Schrier discussed many of the decisions made by the current presidential administration such as those on immigration and the local economic impacts of the ongoing trade war with China. She was then asked about the current impeachment inquiry underway investigating the Trump administration’s political dealings involving Ukraine.

“A couple months ago, I came out in support of an impeachment inquiry,” Schrier said. “I did it then because I know, because I hear it at town halls, the people in the eighth district and people across this country just deserve to know what’s going on. They’ve got to make a decision at the vote in November of 2020 for either Donald Trump or whoever the other candidate is. If you stonewall every attempt to get information for the American people, they can’t make a good decision.”
Club Senate discusses budget

Will Ortner
Staff Reporter

CWU’s Club Council held their first meeting of fall quarter on Oct. 9 to discuss the addition of a Funds Council. The hot topic of the night for the club representatives was the change in how clubs could get money.

The plan was to discuss a Funds Council that would control the decisions when it came to who got funding for the activities that the clubs wanted to attend. There would be seven different representatives that represented all of the clubs that fall into their category. These representatives would be voted in by the members of the Club Council to get extra training on how to balance their budgets.

Last year the Club Council ran out of money during the spring quarter, and everyone involved knew that changes needed to be made to make sure that this never happened again. Michael Middleton, student engagement coordinator, and Ashley Klippert, ASCWU Vice President of Clubs, were put in charge of making new policies to stop Club Council from running out of money. According to Middleton, these discussions can be tough.

“Funding is a beast of a conversation. Part of that is due to the structure that was previously in place with all of the clubs and student government, in that there was no support and guidance in the funding process,” Middleton said.

There were instances in the past where students voted yes on all money decisions, leading to the council running out of money. Many representatives at the meeting complained that they had seen this happen in Club Council over their four years at CWU. Middleton and Klippert set out to make sure that they could help students have a better understanding of balancing a budget to fix the frustrations of previous years.

Klippert said that by creating the Funds Council, students wouldn’t have to jump through as many hoops as they did in the past to get money for their clubs.

“Another thing is it being a Funds Council paired with [Student Academic Senate] eliminates the clubs amount of times they are going to present at different places for funding. It will give them a centralized place they can go and get their funding rather than several areas,” Klippert said.

Middleton and Klippert worked together as they tried to find the best policies to make sure that the club had a good starting point for when everyone came back to school. Once Club Council was back in session and meeting twice a month, they presented their ideas to the council to see what the representatives thought.

The Club Council debated for over an hour on how they wanted to make the Funds Council with the right amount of representatives to accurately represent all of the clubs.

At the end of the meeting, it was decided that more time would be needed to discuss and create a Funds Council that would satisfy the wants of every club. This discussion was frustrating for club representatives like Lauren Miller, the representative for Her Campus, who felt that the conversation went in circles. Her Campus is an online newspaper for women on the CWU campus.

“We were talking for an hour, and we didn’t reach a conclusion,” Miller said. “I’m hopeful that we will be able to figure something out [with the Funds Council].”

While the meeting Wednesday night might not have covered as much ground as representatives Klippert and Middleton might have wanted, everyone sounded optimistic with the beginnings of the Funds Council. The council will meet in two weeks to continue the discussion they started this Wednesday to create a Funds Council that everyone likes.
Get the “b’jeebies” scared out of you

Mary Park

The CWU 0.6-meter research telescope dome opened loudly as the slit in its dome roof opened up to reveal the night sky. It was met with ooh’s and ahh’s from the attendees of the Star Party event that took place on Oct. 8.

The Star Party, hosted by the CWU Astronomy Club, is a bimonthly event where anyone can come and learn about astronomy and stargazing. A brief presentation at 8:30 p.m. inside the Lydig Planetarium is followed by questions, and the night ends with a trip to the roof-top of Discovery Hall, where attendees can stargaze with telescopes. According to posters, the Oct. 8 event had the theme, “Time Travel Fact vs. Fiction.”

Josh McRae is the president of the astronomy club and a junior majoring in physics with a specialization in biophysics.

McRae said, through the Star Parties, he wants attendees to be able to see the wonders of astronomy and space, even if they don’t have a background in astronomy.

“I want people to ... be able to look up at the sky and see the significance of each individual star and be constantly curious and wonder about the things that are outside of our solar system and be able to have that desire to know more,” McRae said.

He presented to an audience of about 40 people the mystery and math behind time travel, you have to understand how the Lorentz equation, a concept in the study of physics, ties, he wants attendees to be able to have that desire to know more,” McRae said.

“Time travel is such an abstract concept for a lot of reasons and in a lot of ways, you can really go into the mystical and the fantasies to really explore this concept,” McRae said.

McRae also delved deeper into the math and science behind time as Albert Einstein’s theory of relativity, and the Lorentz equation, a concept in the study of physics.

“In order to understand the reality of time travel, you have to understand how time progresses and how this relates to the speed of light,” McRae said.

After the presentation, astronomy professor Cassandra Fallscheer and McRae led the group to the roof of Discovery Hall, where telescopes of different sizes were set up. It was a cold and windy night on top of the 85-foot building, with temperatures as low as 27 degrees Fahrenheit.

During the event, the clouds blocked the view of the stars, so people huddled inside the dome tower that houses the 0.6-meter research telescope and listened to Fallscheer’s presentation about the giant machine.

“What we’re doing with this telescope right now is we’re preparing it for research projects, to look for exoplanets ... which are planets that are outside of the solar system,” Fallscheer said.

“There are currently over 4,000 exoplanets in known existence.”

Fallscheer also explained that there is a control room on the fourth floor of the tower, right below the research telescope, where researchers can observe and remotely operate the telescope, even on a beach.

“I think the thing that blows my mind the most is Saturn,” Fallscheer said. “It is incredible to me that from here on earth, I can look with my own eyes, and see the rings around that planet.”

Lucas Baker, a freshman majoring in astronomy and music, first learned about astronomy through his dad’s telescope.

“It was a pretty cheap one, but I would mess around with it a lot,” Baker said.

Baker also said when he was in high school, there was a trend of galaxy inspired merchandise like galaxy-colored leggings, backpacks and phone cases, which made him want to learn more about astronomy.

“And when I had the opportunity to take a class, I took it,” Baker said. “I loved it. My [astronomy] teacher was one of my favorite teachers in school.”

When asked about why he enjoys the subject, Baker answered, “Just the beauty of it. If you look through a telescope and see the planets, it’s just so beautiful.”

McRae said if anyone is interested in astronomy and stargazing but doesn’t have the resources, such as the CWU astronomy club, is important.

“You have the opportunity to not only learn the things that you love to do, but get trained on these telescopes and be able to have the opportunity to stargaze with telescopes or not, the haunted forest is a very fun date idea for local couples.

Huffman farms is open Saturdays and Sundays from 10 a.m. to 4 p.m. until Oct. 27. The haunted forest and corn maze is open Friday and Saturday nights through Oct. 26 from 7 p.m. to 10 p.m.
On Oct. 7, CWU campus police partnered with CWU Dining Services to put together the annual police barbecue. Police who serve CWU students on a daily basis served hotdogs and hamburgers. The police barbecue event took place outside the public safety building. The purpose of this event was to better the communication between police and students and to give students a chance to learn about safety precautions.

Jason Berthon-Koch is the chief of CWU Police.

“We want the event to be a fun time for students to talk with the officers and get to know those who serve the students,” Berthon-Koch said. “And to let them know that the police department is here to help the students.”

When it comes to students who are too intimidated to talk to the police, Chief Berthon-Koch said that the police changed their uniforms to tan pants and a black shirt. This way barriers are broken and police officers are more approachable to the students.

“All I can say to the person who doesn’t want to come up is give us a try and come up and talk to us,” Berthon-Koch said.

Berthon-Koch mentioned that 80% of campus police are CWU graduates. They have an understanding of the experiences students might expect about safety.

Berthon-Koch mentioned services that the campus police offer, such as a women’s self-defense class, personal safety talks and programming within the residence halls.

“In all of their safety needs, we play a part,” Berthon-Koch said.

A particular safety situation on campus is facing wild animals such as raccoons. Berthon-Koch gave safety tips on how to handle situations that could endanger students.

“With any wild animal, give them space and don’t confront them,” Berthon-Koch said. “They don’t want to confront you just as much as you don’t want to confront them.”

Walking late at night is something that CWU students will have to do for reasons like studying late. Berthon-Koch explained that in this situation, students should stay off their phones and stay in tune with their surroundings.

“Regardless of where you are, always be aware and know where your exits are and who is around you,” Berthon-Koch said. “Put your phone away and look up when walking and talk to people instead of text.”

CWU students described their experiences with talking to campus police. Rhi Martin, a junior, said she often talks to the police.

“I’ve talked to them a bunch,” Martin said. “Especially last year since I was a [Residence Advisor] and they are pretty cool and really helpful. They always help you out no matter what.”

Another student Tristan Zug mentioned his own experience with talking to CWU campus police.

“The police here are great. I talk to them all the time,” Zug said.

Students also gave their own two cents on safety tips on campus after dark.

Besides not texting, another thing that students suggested was using your ears. Dylan Samson said that when he is out at night he walks with his earbuds out.

At the barbecue, a drunk driving and marijuana simulation cart was set up to raise awareness of drunk driving. The game consisted of students wearing drunk goggles and going behind the wheel of a cart, thus simulating a drunk driver.

“It’s an educational piece for students to know not to drink and drive. Even in a simple cart, you’re gonna hit cones that you don’t think you normally would,” Berthon-Koch said.

Public relations major Jackson Sorensen had the chance to try the cart set up.

“I saw three cones when there was only one and I couldn’t tell which one was real,” Sorensen said.

Berthon-Koch mentioned his main piece of advice to CWU faculty, staff and students.

“Take an active role in your personal safety. Read magazines and articles on preparedness before an incident happens,” Berthon-Koch said.

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Joel McHale Comedy Show

The big show for Homecoming Weekend was undoubtedly Comedian Joel McHale’s stand-up show, evident by the long line-up of people that stretched around the upstairs hall in the SURC.

J.F. Harris, a comedian who has written jokes for big names like Will Smith and has starred in “Bill Burr Presents” on Comedy Central, opened up the stage.


Harris warmed up the audience for a half hour, throwing jokes about his teenage troubles with alcohol and drugs, how young people shouldn’t marry so early and his imaginary future daughter, who he fears might look like him.

“If you’re in your 20s and you want to get married, don’t do it,” Harris said. “If you’re in your early 20s, don’t get a tattoo, your tastes change. Much like the person you’re sitting next to.”

At the end of his act, Harris shouted, “Are you ready to see the man you came here to see?”

The crowd cheered into a thunderous applause.

McHale walked out onto the stage, waving “hello” with his long arms and giving air high fives to the front row, which no one could reach up to his hand.

“Wow, this is like an alcoholics anonymous meeting,” he joked, looking around at the large crowd.

The first thing he commented on was about a chimpanzee enclosures that he’d heard about when he previously visited CWU years ago.

“What happened to the monkey habitat?” McHale asked later in the show, a reference to the demolishment of CWU’s Chimpanzee and Human Communication Institute building in 2018.

“It’s a Panda Express!” an audience member answered, to which the crowd roared with laughter.

McHale, who grew up on Mercer Island and attended the University of Washington (UW), had no shortage of regional jokes and quips about the Seahawks, Pullman and Cle Elum.

McHale thanked the audience before closing the curtains: “You guys are the best crowd of all time!” and successfully gave a high five to the person who had missed his hand at the beginning of the show.

Jared Williams, a UW student visiting friends and family in Ellensburg, had one word to describe the show: “Monkeys.”

Williams said although he didn’t understand some jokes about CWU, he found the jokes about UW funny. McHale had made a joke that he attended UW “when idiots [could] get in.”
Talent in the Tropics

Can you recite the first 200 digits of \pi? How about doing that while solving a Rubik’s Cube?

Tyler Simpson from Alford-Montgomery Hall can. Well, only 140 digits, he admitted after he finished de-scrambling the cube, but the crowd cheered loudly as he triumphantly spun the cube around for them to see.

At Nicholson Pavilion, 11 students living in residence halls signed up to show off their talent to the rest of CWU. RHA executive officers and emcees for the talent show, Kira Cox and Arthur Mosiman opened the stage and introduced the contestants.

The line-ups included a dance to Charlie XCX’s “Trophy,” a duet version of James Arthur’s “Say You Won’t Let Go” and an acoustic version of David Bowie’s “Space Oddity.”

Joshua Cravy brought a guitar, a kazoo with a DIY cardboard holder to help hold the kazoo to his lips and a percussion shaker instrument taped to his foot that added a beat each time Cravy shook it, about which he said, “My ankle was very tired by the end.”

Cravy sang an upbeat song that he wrote himself called “Shower Shoes,” in which the lyrics went:

“It was my first day of college I was taking a shower, it’s cold.”

Cravy said after the show. “I thought [“Shower Shoes”] was pretty relatable.”

The line-ups included a dance to Charlie XCX’s “Trophy,” a duet version of James Arthur’s “Say You Won’t Let Go” and an acoustic version of David Bowie’s “Space Oddity.”

Wellington’s Wildfire

At Nicholson Pavilion, nearly 10 p.m., the parking lot was lit up by moonlight and two bonfires and was filled with students bouncing to rap and hip hop tracks.

Wellington’s Wildfire is an annual event where students can enjoy live music, barbecue and smores, as well as games like giant Jenga and beanbag toss and a bonfire.

Matthew Wiemals, who works at 88.1 The Burg, also known by his stage name DJ Squarrow, played songs by Chance the Rapper, Flo Rida and Drake.

“This is my normal party set,” Wiemals said. “I like to play this to pump the crowd up. It always works.”

Some students stood around portable stove top stations to melt down their smores.

Jacob Mark LeRoy, a first year student, held up a skewer with three marshmallows over the flames.

“It’s electric,” LeRoy said. “It’s amazing, lively and it’s cold.”

LeRoy, who also sat in the comedy show, said, “[When he] said his kids are dicks and that he encourages it, I think that’s so funny.”

Renee Perez and Pierce McCullough, freshmen from Carmody-Munro Hall, said they enjoy the vibrant and upbeat scene.

“I like the selection of music,” McCullough said. “It’s high-beat, up-tempo, they’re both seen as more of the party genre.”

Perez agreed that the event is fun and upbeat.

“I think they can use some colored lights next time,” McCullough added. “Make it more lit.”

Alumni After Hours

On the other side of town at 420 Loft Art Gallery on North Pearl Street, another type of party called Alumni After Hours was held.

Hosted by the CWU Alumni Association, there were bar drinks, the live band Chuck Boom playing funky jazz music and former and current CWU students chatting with their fellow Wildcats.

Jocelyn Matheny, recent CWU graduate who has been involved at The Alumni Association since July 2019, said the event is “a fun social tradition to get the alumni back together during Homecoming.”

Mark Johnson, a long-time member on the Board of Alumni who graduated from CWU in 1987, shared his experiences of being a college student.

“You know, being a straight A student is great,” Johnson said when asked what he would like to tell a freshman. “But I think what’s more important is having a balance between your relationships, your involvement in extracurricular activities […] whatever floats your boat, is really helpful and will benefit you more in life than being an outstanding student.”

Andrew Mark, also on the Board of Alumni and a graduate of 2011, said he enjoyed the whole experience of CWU from day one.

Mark recalls Friday and Saturday nights in downtown Ellensburg at Club 301, which at the time was called Oak Rail Tavern Bar.

“It was really packed,” Mark said. “You’d have a line [at Club] 301, the line would be two blocks long to get in on a Friday or Saturday night. Now there’s stuff going on but it doesn’t seem quite as busy.”

Both Johnson and Mark said they would like to tell students the importance of networking and making life-time friends.

“Your time at [CWU], make sure you enjoy it,” Mark tells current students. “Now’s the time to explore all the different options available to you because once you graduate, that window starts to close a little bit.”
**Tapanga Krause**  
Staff Reporter

Don Shriner first found out about Repair Café when he read about it online. Repair Café is a nonprofit organization dedicated to educating people that if something is broken, it can be repaired and that we can break the cycle of creating a large carbon footprint.

Shriner talked to the Independent Order of Odd Fellows (IOOF), a nonprofit organization, about it. Shriner had done volunteer work for IOOF and they gave him the space for the café, the property next to the cemetery on Brick Road. He then began forming his team. He put out a Facebook post asking if anyone were interested in volunteering. Now, he and his team operate the Repair Café as a community run repair shop and that we can break the cycle of creating a large carbon footprint.

Shriner founded the local branch a few years ago, but the Repair Café has been around for a longer time. According to re-paircafe.org, it was originally founded by Martine Postma in Holland in 2009 and there are 1,500 Repair Cafés worldwide.

Shriner said he and his team want to encourage people to judge whether the item is used up, worn out and done for, then bring it to the café so they can learn how to repair things on their own. Shriner said whether it’s a vacuum cleaner, a toaster or a heater, it can be easily repaired.

“Everyone’s gotta do something,” Shriner said. “Even if something breaks beyond repair, there’s always parts. So, you’re always looking for ways to reverse engineer something.”

Shriner said this allows people to diminish the size of their carbon footprint, eliminating the amount of trash that ends up in landfills.

According to Dennis Connors, a volunteer at the Repair Café, society has conditioned us to be consumers. Connors said that the assumption is that this is a one-way deal, but it doesn’t have to be that way.

“My philosophy is even if you try to fix it and you fail,” Connors said. “You can’t make it any worse.”

The objective of this café is to help people continue to use things that they have so they don’t have to go out and buy something else.

The other objective is to teach people that they can repair things on their own, that’s when the instructive angle of this café comes into play. The volunteers allow the patrons to be hands on, whether they’re picking up a screwdriver and fixing it themselves, or just holding something in their hands.

Pico Cantieni, a volunteer at the Repair Café, and Shriner are old friends who have been talking about putting the café together for years.

“If it’s fun and rewarding, but some people have no interest in fixing things themselves,” Cantieni said. “That’s why we’re here.”

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While working with a customer, the first thing Cantieni asks is, “How does it work?”

Scot Nicolai is a volunteer who has only been doing this for a few months. He found out about the café when he ran into Shriner at the farmer’s market.

“If I can help someone fix something, that makes me feel better,” Nicolai said.

Suzanne Blakeney is a volunteer at the Repair Café, she heard about the café through a Facebook ad that Shriner posted.

Blakeney said she finds a lot of satisfaction in repairing things and wants to teach the younger generation that it can be fun learning how to fix things on their own.

Shriner would like to see the younger generation that all of the volunteers are incredibly knowledgeable on how to fix these things and wants to share it with us.

“Everyone in there has a lot of knowledge on how to fix these things,” Shriner said. “It would be a shame to see it die out.”

Shriner said he and his team would like to gain more volunteers.

“The best way to get involved is to just show up here on the second Saturday of every month,” Shriner said.

According to Nicolai, the most important thing is to teach people how to fix things and teach them why we would want to fix them.

“We’re all in this together,” Nicolai said. “We’re all here to help each other out.”

The next Repair Café is on Nov. 9 at 11 a.m. Details can be found on www.rcsellensburg.org.
Dangers of waist training

In the fitness industry, there are many accessories, supplements and equipment that you can purchase. One of the most famous on Instagram is “waist trainers.” I believe that these waist trainers are dangerous to the health of everyone who uses them. They are not safe and can cause damage to your body. Many of the side effects are organ damage, restricted breathing, cracked ribs and more. There are healthier ways to obtain a slimmer figure than waist training. Eating healthy and exercising regularly are the most important. There is no magic pill, diet or compression belt that will suddenly make you slim and fit.

Waist trainers are trending in the fitness community. They are talked about on Instagram, Twitter and on YouTube videos. According to an article by New Waist Karma Admin, waist trainers are meant to slim the waist with “the aid of compression material, typically constructed with a latex core and hook-and-eye closures in the front.” Many women wear waist trainer belts under or over their athletic pants. These belts are meant to help users obtain a flat stomach and an hourglass figure. Many women choose to wear a waist trainer even when they are not working out.

Waist trainers are similar to the classic corset from the 1800s, but without the tight lacing and boning. Waist trainers can be seen in pictures all across social media by influencers, such as the Kardashian family and Jordan Woods. Many of these influencers promote the product as being reliable and safe and that it helps them obtain an hourglass figure. These influencers never discuss the negative effects that these waist trainers have on the body. Many influencers are also paid to promote these products in a good light, so it is hard to tell if they truly care about the product they are promoting. According to an article by Christine Mugnolo, waist trainers can cause organ damage, problems with breathing, poor digestion and more. Wearing a waist trainer for a long period of time can possibly crack the wearers ribs. Along with that side effect, waist trainers can also cause people to pass out, have fluid buildup in the lungs and inflammation. The most dangerous side effect is meralgia paresthetica, which is when there is pressure on nerves inside the thighs. This is not as common as the rest of the side effects, but it is the most dangerous to your body.

According to Mugnolo, people usually feel “numbness, tingling and a burning sensation in the outer thigh.” This is one of the dangers of waist training that many people do not realize exists. Losing feeling in your legs is not worth obtaining a slimmer figure. People who do not treat meralgia paresthetica are at risk for losing all ability to walk or move normally again. This is a big health risk people are taking and I would rather not risk my health for a smaller waistline. People must decide whether they want to take that risk or find a healthier alternative to waist training.

Many people purchasing waist trainers are putting their bodies in harm’s way for a positive result that may not even exist. Waist trainers are not guaranteed to slim your waist or help you lose fat. According to exercise physiologist Ashley Fluger, “there is no science to support the claims that wearing an extremely compressive garment around the waist will instantly strengthen the abdominals and cause specifically abdominal fat loss.” Using a compression belt is not the secret key to losing inches off your waist and obtaining rock hard abs. Many users are trusting the opinion of influencers instead of trusting what evidence is showing in the media. There is no evidence that proves that waist trainers help users obtain a smaller waistline.

Until there is scientific evidence, there is nothing to support a product that influencers are promoting online. Many influencers pretend to love products online because they are being sponsored to say that the product works. They must promote it in a positive light to earn a payment and create a strong relationship with the company. The only results users may obtain are restricted breathing and form during exercise. When wearing waist trainer belts you are restricting your natural movement and breath during exercise. People may also have more serious side effects that can send them to the hospital. Risking your health for the sake of obtaining an ideal body image is not worth it.

There are so many alternatives to waist trainers to achieve the desired hourglass figure. One of them is looking up exercises online that most people can do to obtain a slimmer figure. Many of these exercise videos can be found on YouTube or even on fitness blog sites. My favorite core exercise moves for a slimmer waist are side plank twists, bicycle crunches, regular planks, butterfly crunches and leg raises. You can find more exercises to strengthen your abdominals on my favorite YouTuber’s channel, Blogilates. Making sure your diet is clean is just as important as having a regular exercise schedule. Your abs are not only made in the gym, but the kitchen as well. Risking your health is not the correct and safe way to achieve your fitness goals.
The importance of pronouns at CWU

Natalie Lake
Columnist

If you are a traditional first year, you might have had a new experience with introducing yourself. During CWU Orientation or W’ilkat Welcome Weekend, you might have had to introduce yourself and your preferred pronouns. Some might see this as silly or unnecessary if they have always identified themselves as male/female or she/her/his/hers. However, there are staff and student body members often part of the LGBTQ community that want to be called something other than what you might assume their identity as being.

This new addition of introducing our pronouns in person and in email signatures, helps transgender, nonbinary and other gender nonconforming people in stating how they should be addressed. You might see these pronoun usages important in the classroom. Some people may ask to use their pronoun rather than be called something other than what you might assume their identity as being.

One example of using pronouns would be when you are in a class discussion and want to base your ideas off of someone else’s. If you don’t know their name but know their pronouns, you can say “I really liked what she, he or they said, because …” It makes them feel assured that they are being recognized by their peers and in their social community.

According to an article about LGBTQ life at Williams, “it can be an offensive term especially for nonbinary and transgender people. Please do not use this when referring to someone, it is associated with dehumanizing them.” If you are unsure of the proper use of someone’s pronoun, feel free to ask them. From some people that I have talked to, they would prefer to be asked their pronoun rather than be called the wrong pronoun repeatedly.

It may be hard for people to speak up about someone using the incorrect pronoun because they don’t want to embarrass or hurt your. Most people on CWU’s campus are patient and willing to give you a straight-forward answer if you ask about pronoun usage. However, if you feel like asking their pronouns, that is not an invitation to ask them their gender, sexuality or other personal information. If you are friends and they feel comfortable talking to you about it and you are open to listening, in college.

Please do not force them to give any other information that is not needed for class discussions or addressing them. Sharing pronouns can often be uncomfortable or scary enough. Oct. 11 is National Coming Out Day. Some people use this day as a way to come out to friends and family about their gender or sexuality. I have come in contact with a lot of people that feel like pronoun use is only for the trans community because they often don’t fit society’s gender norms. Pronouns are used for many other people that do not have to explicitly say their gender or sexuality but identify in the same or different way than what you might assume. You do not have to be a part of the LGBTQ community to use pronouns. We use pronouns when talking about our friends, family, pets and celebrities. CWU bringing pronouns into our classroom and campus has helped a lot of people feel more comfortable and safer on campus.

According to CWU’s website, CWU is known in Washington for its diversity and inclusiveness. Moving away to college can be scary for a lot of students, especially those of the LGBTQ community. Something as simple as misusing their pronouns can be more harmful than you think. Please be considerate of others and feel free to reach out to CWU’s Diversity and Equity Center. They would be happy to help with any questions.

Where my STEM women at?

AJ St. John
Columnist

Women belong in STEM, I am an actuarial science major, which is broadly categorized as mathematics under a bachelor of science. That sounds odd simply because it is oddly simple here.

One of the girls who I taught during the summer decided to give up on being a doctor because that’s what her older brother was studying. I felt so angry for her, but she could not understand the frustration simply because those standards were normal to her. When young girls can’t grasp the situations they are placed in when it comes to their education, I can’t help but wonder why. No one should give up on the things that make them happy. It is heartbreaking to see younger females lose interest in the things they love.

Unfortunately, many young female males feel discouragement towards entering STEM programs. The options for women in STEM do not hold much variety. As women, we should have the same options as men.

Barriers to leading a successful career in STEM can be overwhelming. Expectations seem higher for women. In most cases, women seem to be losing their interest in STEM programs.

According to CWU, women in industries changing the landscape with over 100 CWU student attendance. Women can breathe more air into the table, if they are presented with opportunities. Women bring about more creative aspects to problem solving and critical inquiry.

By having different experiences, women can contribute different perspectives and solutions, sometimes men can not bring up. Women are progressing in law and medicine, imagine what could be accomplished if they could excel in the engineering fields.

Greatness is achieved through empowerment, if women are empowered, everyone can benefit.

Although times move more progressively, the gap between men and women in the working world is too wide. The cliche is that women are not as capable as men, that women slow down the process of work. The belief that women are emotional creatures, deeming them unfit for work in a man’s world is absurd. Women not only can go into space, women can work on those aircrafts, or better yet, improve them.

However, for some reason, women still have barriers to becoming a part of STEM. Women are capable of breaking down barriers if they so choose. Of course programs are being made in order to add fuel to the fire in women, but there is still a gap.

Biases need to be kicked out the door. In order to battle the bias, people need to be aware of the bias. Preventing that discrimination does not exist does not make the issue go away. The threat of stereotyping is real, but it has gone down as women have realized their potential in STEM fields.

Clubs such as Women in STEM at CWU host activities revolving around subjects in STEM. The awareness for clubs such as these need to be on the rise. Activities such as the robot building and trivia nights are important for the increasing numbers of STEM women. Women need encouragement from the people surrounding them.
Larabee leaps a division

Aeryn Kauffman
Staff Reporter

Continued from Page 1

Larabee’s success at CWU was one of the things he struggled to walk away from and was the main reason Larabee debated whether or not to resign from CWU. “It was tough because we won four consecutive championships at [CWU] and we had an incredibly talented team,” Larabee said. “That was very very difficult to say goodbye to.”

After missing the GNAC tournament in 2015, prior to Larabee taking over at head coach, the Wildcats’ goal for 2016 was to just get back into the tournament. However, Larabee had a more optimistic vision for the team.

The team just missed the NCAA Division II College World Series with two losses to number-one seed Humboldt State University in the NCAA Division II West Super Regional.

“In our first team meeting, I looked to see where the College World Series was being played that year for Division II and I said ‘that’s our long-range goal’ and the girls looked at me funny,” Larabee said.

Larabee’s proudest moment as head coach was winning four straight conference championships, which he said “put a target on the team’s back, a bullseye.”

Francois said the plan for now is to do what is best for the program. According to Francois, now is ideally not the best time to do a search because classes have already started, but he also knows the position is a “very attractive” one. Francois believes this is the reason the right candidate will throw their name in the hat. So what does the right candidate look like?

“We’re looking for someone that’s gonna be able to come in here and run our program with the utmost integrity and do it the right way with the right kids. That’s first and foremost and that’s one of our core values,” Francois said. “Somebody that’s also going to be a great member of our staff, we pride ourselves on having a Wildcat family, which is just that togetherness with our staff and student-athletes supporting each other. We also want to make sure this coach is hungry and is going to be competitive and is going to do what’s necessary to have a successful program.”

Opinion: Don’t knock the soy boys

Aeryn Kauffman
Staff Reporter

Finally, a documentary on plant-based diets that isn’t animal torture porn. “The Game Changers” (2019) was released in September, after a long production time which tracked the journeys of several athletes eating strictly plant-based diets. The film caught two athletes setting new world records: Scott Jurek running the Appalachian trail in 46 days and 8 hours and Patrick Baboumian completing the “yoke-walk” at 1210 pounds across 10 meters. What do these guys credit their success to? Their diets.

“The Game Changers” was just as compelling as it was beautiful and well-produced of a film as expected. The documentary’s executive producers were James Cameron, Arnold Schwarzenegger, Jackie Chan, and others. It’s everything a documentary should be: pretty to look at, fully engaging, paced well, and with a British narrator, to boot. It avoids many documentary clichés, as well. It doesn’t appeal to emotion or put intense pressure on viewers. If you’re even slightly interested in the subject matter, it won’t disappoint.

Further, there are no on-screen animal deaths, making this vegan documentary unique.

For vegan viewers, we can all breathe a collective sigh of relief. The films sticks firmly to athletic performance, delving briefly into environmental issues, then swiftly going back to nutrition.

It addressed every single stereotypical vegan rebuttal I could think of: protein, calories, energy, workout recovery, and then some. How about B-12? What about soy? The documentary covered those, too. What a relief it was to see extensive scientific research concerning diet and performance.

Several prominent athletes made appearances in the film. Olympic silver medalist and Bausch, American record-holding weightlifter Kendrick Farris, and many more credit their vegan diets for their career success. How does the science hold up? Can a plant-based diet improve performance?

The short answer appears to be: it depends. The film has a lot of great academic sources which validate its claims. Simply running a Google search to fact-check the film won’t cut it, though. The misinformation on nutrition and exercise is abundant. You’ll need to check out academic sources.

It appears that the jury is out. Veg- ans diets are certainly proven to lower heart disease and diabetes rates, but only if you eat whole, plant-based foods. That means Boca burgers and fries are out of the picture, much to my chagrin. If vegans eat too many coconut-based products, your cholesterol can actually shoot higher than if you were to eat a standard American diet. It just seems that the sample size, veg-an athletes, is too small to tell for sure. At least we can say with a degree of confidence that things won’t get worse, right? It’s a risk, but so is eating two steaks a day.

The film hits on a lot of hot-button topics that will leave documentary fanatics satisfied, if not from the perspective from the facts, then certainly from a film-making perspective. It leaves viewers feeling uplifted and empowered to make change and try something new instead of guilty and anxious. Athletes who see their role models in the film may feel inspired to try the diet to see how it affects their performance. I’ve got to say; seeing “beefy” vegans like bodybuilder Nimai Delgado (who has never eaten meat in his life) and boxer Bryant Jennings (who has never eaten meat in his life) and boxer Bryant Jennings can inspire anyone to try it.

“The Game Changers” is now available to stream on Netflix.
Two daughters, 100 sons

Nick Jahnke
Sports Editor

“I knew, maybe around the age of six-teen, that I wanted to be a football coach.”

Wildcat football head coach Chris Fisk grew up in Pocatello, Idaho, a city that takes high school sports seriously. Fisk played football at Highland High School (HHS) under the previous head coach, Jim Koetter. Jim Koetter’s son, Dirk Koetter, was the offensive coordinator at the University of Missouri (UM) at the time. Dirk would occasionally show up to HHS’s football practices decked out in UM gear.

“I looked at him and was like man, I think that’s what I want to do in life,” Fisk said.

Fisk thought the life of a college football coach looked glamorous. What he didn’t see was the amount of time and effort that goes into the job.

Fisk’s coaching journey began just after graduating high school. He chose not to go to college right away, instead choosing to stick around and coach HHS’s varsity offensive line for the next two years. He went on to play four years of collegiate football, at the same time earning his degree in physical education.

Fisk, having graduated, went back to coach high school football for two years before moving to North Dakota to coach at the University of Mary. “I had a two-year-old daughter and a six-month-old baby and we loaded up a U-haul and moved to Bismarck, North Dakota,” Fisk said.

In his initial years coaching the offensive line at the University of Mary, Fisk was living on $200 a month working to help support his family as well as his career.

“I just scraped and clawed, worked hard, kept my head down and just kept working,” Fisk said.

Fisk spent nine years coaching at the University of Mary, initially coaching the offensive line before being promoted to offensive coordinator.

Life pulled Fisk’s family in a new direction when his wife Jessie got offered a job in Medford, Oregon. He resigned from his position as offensive coordinator and had no guarantee that he would be able to coach football again.

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Chris Fisk, head coach

By a stroke of luck, the head coach at Southern Oregon University (SOU) was released around the time Fisk’s family made the move to Medford. Fisk applied but didn’t get the job, however, the new head coach brought Fisk on to coach the offensive line since he lived in the area.

Prior to arriving at CWU, Fisk already knew Wildcat football’s previous head coach Ian Shoemaker. Shoemaker was coaching at St. Cloud State University when Fisk coached at the University of Mary, and the teams played against each other.

At the 2016 National Coaching Convention, Shoemaker sought out Fisk to ask him if he knew anyone who could coach offensive line for CWU.

“I said yeah, I’m ready to go.”

Fisk and his family arrived in Ellensburg in March of 2017. Being from a small town, both Fisk and Mrs. Fisk feel right at home. Fisk has two daughters, one who is a track and field athlete at CWU and another who is committed to CWU’s volleyball team once she graduates from Ellensburg High School.

“The good Lord blessed me with two daughters and no sons and I’ve got 100 sons on the football team. That’s how I view it,” Fisk said.

Since joining Wildcat Football’s coaching staff, Fisk has helped the offensive line and the offense as a whole improve dramatically. In 2017, Fisk’s offensive line was held as one of the nation’s best, allowing only 14 sacks in the duration of the season, according to the Wildcat Sports website. The offense was named 11th best in the nation, a leap of 100 spots in the national rankings since 2015.

Under Fisk, offensive lineman James Moore and Nicholas Streubel were both awarded First-Team All-GNAC. Later, Moore progressed to be named a D2CCA All-American, according to the Wildcat Sports website.

“He’s definitely he’s one of the best coaches I’ve ever had.” Streubel said. “He leads with an iron fist. He knows what direction he wants to take the program.”

Streubel said Fisk knows how to make a program run smoothly. He said Fisk brought in systems for the offensive line that were easy to understand and effective. Streubel said Fisk is a serious coach, but he also knows when to turn it down and help the players relax.

“It’s cool seeing him transition to [the head coach] role,” Streubel said. “He’s been ready for it for 10 years.”

Being the head coach is more difficult and complicated than Fisk imagined it would be. He didn’t realize what a grind the position would be, especially with the team having four losses on the season.

“As your an assistant coach, you support the head coach and you kind of think you know what being a head coach is all about, you don’t,” Fisk said.

On a day-to-day basis, Fisk is busy finding ways to motivate the team, keep the team together and manage group dynamics. On top of that, Fisk is responsible for coaching the offensive line, which he sees as one of the more difficult positions to coach, as well as coaching the punt team.

“It’s a lot, but it’s a labor of love,” Fisk said. “If you’re doing what you love, you’re never going to work a day in your life.”

Fisk spends a lot of time doing what he loves. He works around 66 hours Monday through Friday, 10 hours on game day and another 10-12 hours on Sundays. He also works on recruiting potential players for most of the year.

Fisk said as a football coach, you almost need to force yourself to go home, spend time with family, work out or just spend time on yourself. He said it can be tricky to find that balance.

Fisk said the best part of the head coach position is trying to build something. He has been through a notable number of football seasons and finds joy in the journey.


Volleyball goes in for the kill

Austin Lane

Senior Sports Reporter

Coming into Thursday night riding a three-match losing streak, the CWU Women’s Volleyball team secured a win against Montana State University Billings’ (MSUB) Yellowjackets. The win puts the Wildcats at 9-7 overall on the season and are now 4-4 in conference play. The Wildcats now sit in sixth in the GNAC out of 11 teams.

The Yellowjackets struggled against the Wildcats and never managed to find a lead all night. CWU opened up the first set taking four out of the first five points and did not look back from there. The Wildcats took the first set 25-22, second set 25-18 and third set 25-18.

Wildcat Makala Swart finished the match with 12 kills, seven digs and one block. Ashley Kaufman finished the night with seven kills. Team captain Kyle Morgan ended the match with 21 digs and told the Wildcat Sports website “she thought the team played a lot more connected.”

Morgan received GNAC Defensive Player of the Week for her efforts and became the only player in school history to amass 200 career digs. Morgan has now received the award twice this season.

“I really went out and played for my team,” Morgan told the website. “It’s nice to see things we work on in practice come together in a game.”

Wildcats Gabriella Ajiha had 21 assists and Sydney Rensberg had 10 assists. Defensively, Bridgette Webb and Diana Fa'amausili had four blocks, while Julia Mellander came away with three blocks.

Head coach Mario Andaya praised the team for responding to the adversity of riding a losing streak coming into the match and still being able to find a win.

“This is big. Everything right now for us is critical,” Andaya said. “That was a must win … I think the biggest difference is that we played together as a team.”

Sophomore Lexi Schamadan returned to the rotation this week and made her presence known on the court with the help of a rock solid defense that only allowed a single point in the first set.

“We kind of played that game that we played with. They’ll be very excited about that game,” Andaya instills on the team when they hit a cold streak.

“Honestly, we kind of played that wrong,” Sams said. “But then I saw his eyes and then made a play.”

The Wildcats’ momentum continued to build on both sides of the ball after the opening drives. The offense put 17 points on the board with the help of a rock solid defense that only allowed a single touchdown.

“ offense put 17 points on the board with the help of a rock solid defense that only allowed a single touchdown. The Cougars’ PAT kick was blocked, locking in a score of 24-6 going into halftime.

The beatings persisted into the second half as the Wildcat defense stopped the Cougars from finding the end zone or the uprights for the duration of the game.

The Wildcats' defense proved early on that they would be too much for the Cougars’ offense. On the opening drive, defensive back Tyren Sams made an easy interception in Wildcat territory. The offense was able to capitalize on the turnover, marching 70 yards and scoring the first points of the game.

“The big thing, especially for the younger players is that he is so confident in us,” Schamadan said. “He is so supportive of us and wants the best for us and he has that full confidence we can get back out there and win some games.”

The win sets CWU up for their next matchup, which is at home against the Western Oregon University’s Wolves (WOU) (3-12, 1-7) on Oct. 17 at 7 p.m. This is the first matchup between CWU and WOU on the season. Last year the Wildcats swept the Wolves, taking the match at home 3-0 and winning in Monmouth, Oregon 3-1.

After the WOU match the Wildcats have a home match on Oct. 19 at 7 p.m. against Concordia University’s Cavaliers. The Cavaliers are currently 7-8 overall with a 5-3 record in conference play. This matchup will also be the first for both teams this season. CWU swept the Cavaliers last year as well, winning at home 3-1 and on the road 3-0.

Up next

Who: Western Oregon University
When: October 17th
Where: Nicholson Pavilion

Bringing it home on homecoming

Nick Jahnke
Sports Editor

Wildcat football left Tomlinson Stadium on Saturday night with their second win under their belt. The Wildcat offense finally shut down the Azusa Pacific University Cougars with the final score of 44-6.

A homecoming win was owed in part to big plays being made early and often. Both offense and defense were firing on all cylinders, gaining 667 yards on the Cougars while only giving up 287.

Quarterback Christian Moore went 26-37 on pass completion, dominating the air game and showcasing his awareness in and out of the pocket.

“I’ve got to praise my whole line, my running backs [and] my receivers,” Moore said. “They made a ton of plays tonight and my O-line gave me a ton of time to throw.”

Moore found the hands of his receivers and roommates Tyson Rainwater scored three of five touchdowns and gained 177 yards. Moore said he and Rainwater worked together everyday and he was happy to get to ball with him.

Head coach Chris Fisk said Moore is finding the consistency that he has shown through fall camp and the beginning of the season. He said as familiarity grows between Moore and his coaches, they can identify his strengths and play to them.

“I don’t think Christian is going to break any 90 yard runs,” Fisk said.

“What he’s a handful as you saw tonight. In a 10 yard box, he’s hard to tackle and a lot like Reilly Hennessy was.”

The Wildcats’ defense proved early on that they would be too much for the Cougars’ offense. On the opening drive, defensive back Tyren Sams made an easy interception in Wildcat territory. The offense was able to capitalize on the turnover, marching 70 yards and scoring the first points of the game.

“Honestly, we kind of played that wrong,” Sams said. “But then I saw his eyes and then made a play.”

The Wildcats’ momentum continued to build on both sides of the ball after the opening drives. The offense put 17 points on the board with the help of a rock solid defense that only allowed a single touchdown. The Cougars’ PAT kick was blocked, leaving in a score of 24-6 going into halftime.

The beatings persisted into the second half as the Wildcat defense stopped the Cougars from finding the end zone or the uprights for the duration of the game.

“This opened things up for the offense,” Sams said. "They made a ton of plays tonight and my O-line gave me a ton of time to throw.”

Moore found the hands of his receivers and roommates Tyson Rainwater scored three of five touchdowns and gained 177 yards. Moore said he and Rainwater worked together everyday and he was happy to get to ball with him.

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“I don’t think Christian is going to break any 90 yard runs,” Fisk said.

“Still riding a losing streak coming into the game,” Morgan told the website. “It’s nice to see things we work on in practice come together in a game.”

Wildcats Gabriella Ajiha had 21 assists and Sydney Rensberg had 10 assists. Defensively, Bridgette Webb and Diana Fa’amausili had four blocks, while Julia Mellander came away with three blocks.

Head coach Mario Andaya praised the team for responding to the adversity of riding a losing streak coming into the match and still being able to find a win.

“This is big. Everything right now for us is critical,” Andaya said. “That was a must win … I think the biggest difference is that we played together as a team.”

Sophomore Lexi Schamadan returned to the rotation this week and made her presence known on the court with the help of a rock solid defense that only allowed a single point in the first set.

“The big thing, especially for the younger players is that he is so confident in us,” Schamadan said. “He is so supportive of us and wants the best for us and he has that full confidence we can get back out there and win some games.”

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HALLOWEEN WORD SEARCH
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SPooky DECORate CHilly SWEater COSTume
CANDY PUMPKIN Haunted MAIZE SCAREcrow

**Ask a costume enthusiast**

Dear Costume Salesman,

I really want to dress up for Halloween with my boyfriend, but he refuses. He says he hates the holiday and will break up with me if I talk about it again. All I want to do is to dress up as a chicken and have him dress up as a farmer. What should I do?

Sincerely,
Sad Chick

Dear Sad Chick,

Your boyfriend might just be a grump, but the fact that he seethes at the mention of Halloween may mean he has deeper problems with the holiday. He may have a dark backstory involving Halloween, and knowing that history could bring you two closer. Nothing spookier and more romantic than character development.

On the other hand, he could just not be feeling the spirit of the season. Your boyfriend has every right to enjoy it. I would normally advise seeking a compromise and deciding if your relationship is more valuable to you in this specific instance. He could be the man of your dreams except for this, in which case you’re still doing pretty well for yourself.

However, you should also keep in mind that it’s a pretty steep ultimatum that he’s making over something relatively trivial, and it seems like he’s not going to change his mind. If your partner is threatening to break up just because he finds something annoying, there is probably more going on. This could just be an expression of issues that have already been lurking beneath the surface for a while. I would tread lightly, as this seems to be a serious topic for him and for your relationship.

That aside, you have a fantastic costume idea and if he doesn’t want to do it, maybe you have a friend who does. Your farmer might be out there with me if I talk about it again. All I want to do is to dress up as a chicken and have him dress up as a farmer. What should I do?

Best of luck,
Optimistic Salesman

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**THURS. OCT. 17**
Open Mic Night
7:30 p.m. • Sign-up, 8 p.m.
Performances © 1891 Bistro • Free
Sign up to perform, or just sit back and enjoy the talent!

**SAT. OCT. 19**
“Portraits of the Inner Self”
12 - 2 p.m. • Dean Hall Lobby • Free
Engage in an artistic dialogue with your inner self in a workshop led by Nan DoIttle, Certified Expressive Arts practitioner. Consider your inner life using the language of art – symbol, image, movement, balance, texture, light and color.

**Kittitas Connect: Olmstead Place State Park Fall Cleanup**
9:30 a.m. - 2 p.m. • Meet in SURC 256
Get out in the fresh country air and help mobilize within institutions. Student graduates seeking employment and for students seeking jobs, internships, and graduate school opportunities.

**MON. OCT. 21**
Monday Movie Madness:
Rocketman
7 & 9:30 p.m. • SURC Theatre
Free for students, $3/GA
This biopic focuses on Elton John’s early years and his meteoric rise to fame in the 1970s.

**WED. OCT. 23**
CWU Fall Career, Internship, and Grad School Fair
10 a.m. - 3 p.m. • SURC Ballroom
This fall recruitment fair is for upcoming graduates seeking employment and for students seeking jobs, internships, and graduate school opportunities.

**How Colleges Shape Identity and Politics:**
Speaker Dr. Daisy Verduzco Reyes
A discussion on how race and ethnicity are constructed and mobilized within institutions. Student presentation in Black Hall 101 at 3:30 p.m. with public presentation to follow at 6:30 p.m. in Samuelson 104.