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## The Observer

Central Washington University

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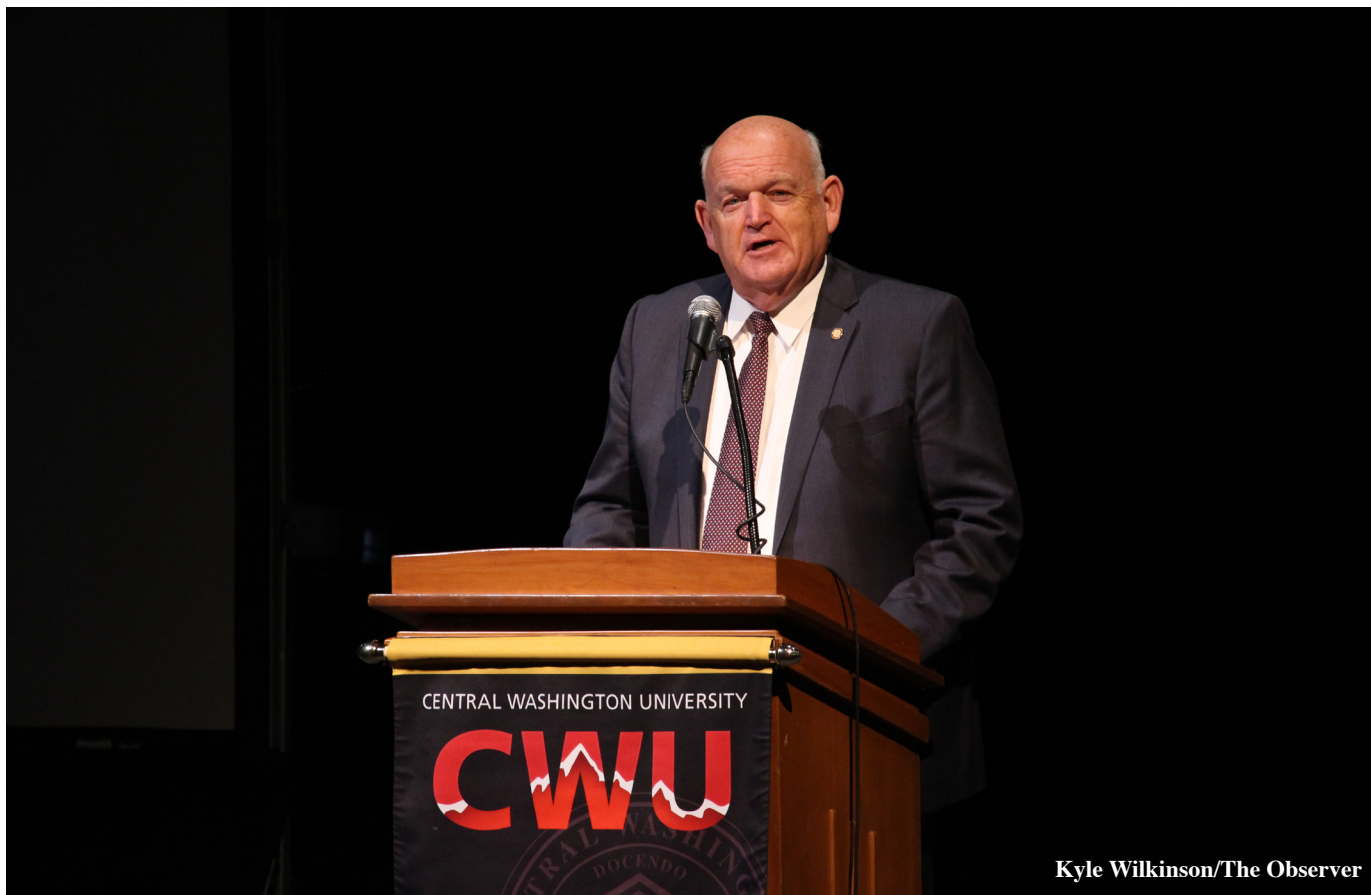
# The Observer

By the students

For the students

Vol. 114 NO. 4 | October 24 - October 30, 2019

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Kyle Wilkinson/The Observer

## ‘On the cusp of greatness’

At the annual State of the University address, President James L. Gaudino set goals for retention, diversity and sustainability

**Nicholas Tucker**  
News Editor

CWU President James L. Gaudino announced his three long term university goals at the fall 2019 State of the University Address. CWU will strive to reduce its campus carbon footprint by 5%, increase freshman to sophomore retention from 71% to 80% and increase the diversity of its faculty and staff by 5%, all over the next five years.

The idea of diversity was introduced by Robert Nellams, director of

the Seattle Center and vice chair of the CWU Board of Trustees. Nellams shared a poem by Nina Miriam called “What If We Othered Your Child and You,” which he connected to his experience being a black man at CWU decades ago.

“This is personal for me because I have experienced othering here. I have felt somewhat helpless while trying to support my children through it,” Nellams said.

Gaudino echoed this note as he announced his diversity goal, saying

that if students don’t see people who look like themselves represented, they could feel like they don’t belong. How Gaudino and his cabinet intend to increase diversity wasn’t specified, but he did mention that each hiring manager would have their own goals and are being encouraged to take diversity into account when making decisions.

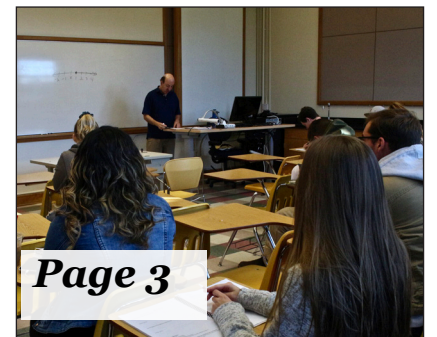
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Students and alumni show spirit at tailgate



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## Community pushes for sustainability

**AJ St. John**  
Staff Reporter

Campus-wide change for more sustainability will be implemented to make CWU more eco-friendly. Ecosystems are a collective project where the community does what is necessary to be efficient. Most times, people think about the financial aspect of when larger change occurs, but with treating the environment at its maximized potential costs can be minimized.

### Outside CWU

Ellensburg High School (EHS) environmental club stands on the street in front of their school to protest issues regarding climate change. The students hold signs that are made from recycled cardboard. They meet every Friday from 10:15-10:40 a.m. in front of their school sign.

The EHS authorities wish for the

students to remain anonymous.

“We are having a peaceful protest and striking against climate change and raising awareness,” an EHS student said.

The students also had adopted a section of Mercer Creek as a main project in order to make the creek accessible to people.

According to the EHS student, the global climate strike on Sept. 20 was an inspiration for the weekly climate strikes the students hold.

### Environmental Economics

Savannah Fields, a double major in public policy and environmental science with a minor in economics, described the changes around campus and the city.

“People look at cost efficiency in order to quantify the value of the native plants and ecosystems,” Fields said.

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Mariah Valles/The Observer

Community members stood on the corner of University Way and Wildcat Way with handmade signs on Sept. 20 to demonstrate and raise awareness about climate change.

Editor: Nicholas Tucker

# Vaping industry's smoking ruins

**Will Ortner**  
Staff Reporter

On Thursday, Oct. 10, the Washington State Board of Health approved an emergency ban of flavored vaping products, preventing the products from being sold. The ban will last until at least until Feb. 7, 2020.

The ban of flavored vape products has gained traction in the last few months as there has been a steep increase of vape related illnesses countrywide. In some estimates, the number of people with a vape related illness in the country has reached over 1,200.

The main reason for the ban is that government officials do not want kids to get addicted to nicotine. Gov. Jay Inslee felt that the ban would help make Washington a healthier state.

"We are acting for the public health of Washington residents," Inslee said on Sept. 27 during the announcement of his executive order.

Lawmakers hope that the ban will stop the youth from being able to get their hands on vape products and, therefore, stopping them from getting addicted to nicotine. The lawmakers also hope that those who already vape will then be forced to quit, since they can no longer buy any of the banned products.

A CWU student, who wished to remain anonymous about their vaping habits, said that the ban would hopefully help them kick start the processes to quit vaping.

"Honestly, as a vaper, I think that it is good, I like that the state is doing this," the student said. "I mean it does make it a little harder for me [to get vape products], but at the end of the day, I shouldn't really be vaping, and I do want to quit. This ban doesn't really affect me that much, but put me in the right direction."

If most people who vape follow the lead of this student, then Gov. Inslee's vape ban plan will have been a success.

There are others in the state, like state representative Joe Schmick from Colfax, however, that believe this vape ban will have some unintended consequences.

"However, the governor's ban does nothing for the products that can be purchased on the street," Schmick said to the Seattle Times.

The ban will also put many vape shops out of business. In Ellensburg, Ruze 509's has been forced to close its doors due to

the ban making it illegal to sell most of its products. This has scared a few lawmakers and Washington residents of kids continuing to buy these same vape products from a "black market."

Another CWU student, who wished to keep their vaping habits anonymous, believes that just because there are laws against flavored vape products, does not mean that there will no longer be any flavored vape products

in Washington.

"It's not going to go all the way down. There is still going to be people who get it on the black market or from a different state that hasn't made it illegal to get flavored vapor products," the student said.

Whether or not the vaping ban is successful, only time will tell. If lawmakers believe that the ban is working, this might be the end of flavored vapes in Washington.



Kyle Wilkinson/The Observer

Ruze 509 remains quiet while the Centers for Disease Control and Prevention (CDC) investigates the cases of lung injury and lawmakers decide the future of vaping.

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Editor: Nicholas Tucker

# Development class fee dropped

Amy Morris  
Staff Reporter

A recent decision was made by ASCWU to drop a \$500 fee that was charged for each developmental class that students take. With tuition already being expensive for students to pay off, the fee only added on to that expense. The fee being dropped makes classes more accessible for students. In fall 2020 English will be restructured, and in fall 2021, math will be restructured.

The development classes are 100 level classes that students take before they can take their first college-level classes. The decision made to drop these class fees was to make the classes more accessible. Tuition was around \$1,000 for the 100 level classes with the fees and tuition combined. The people most affected by the fees are poor, first generation and minority students, because they are the ones most likely to take those classes, according to Zackary Turner, vice president of legislative affairs for ASCWU.

CWU is absorbing the fees which will not come back in a tuition increase or in any other increase, according to Turner. To break it down, there is a \$256,000 cost for the staff which includes directors, program assistance, coordinator positions, online tutoring and house coordinators, according to Nicholas Meji, vice president of academic affairs for ASCWU. They need \$501,000 for goods and services, student employment and administrative staff. Meji said that the overall cost for the program is \$847,000 which the university will absorb.

According to Meji, CWU is one of the schools that are higher than the national average in terms of national success, meaning students grade improvement after they get out of the 100 level courses,

according to Meji. In many cases students that take the developmental classes and continue on with their college education will do better in the beginning courses like English 101 than their peers. The issue is in funding the programs, according to Meji.

"The program is great, but we can do it better," Meji said. "We don't want to have those burdens on those students who are already vulnerable to begin with."

Turner said it has been a big struggle to get these fees dropped. The fees were implemented during the recession and were necessary to keep the programs going. Now that CWU is doing better financially, they have been very willing to work with ASCWU on this issue.

"They didn't want to do these [fees] in the first place. It's bad policy, and they are really excited to get rid of them, and take the burden off of the students," Turner said.

Lynn Franken, the interim provost, is focusing on restructuring the English and math developmental courses. Plans are in the works to provide supplemental help for the students taking those classes in a way that supports their progress. Franken said she has had a lot of meetings with the English and math faculty and that they are very involved in the process.

She recently just met with four different faculty members of the English department including the dean and had a very in depth conversation about the plans of restructuring the classes.



Kyle Wilkinson/The Observer

Development classes like this one are intended to prepare students for general education classes, mostly in math and English.

"I felt very optimistic about their plans, how they were grasping this issue and interested in figuring it out," Franken said.

It is going to take the rest of the quarter at the least to figure out restructuring the classes, according to Franken. She also had a meeting with the math department but said the situation of restructuring the math classes is trickier. Franken explained that it is easier for students to grasp English than it is for them to grasp certain math concepts. Franken said proceeding with caution and the best interest for the students is important on this issue. She wants to restructure the classes in a way that makes financial sense but does not burden the students.

"Some students need more boost to

get from where they are to where they need to be," Franken said. "We don't want to set our students up for failure, we want to set them up for success."

Franken is working on ways to make the students more engaged in their developmental classes. She wants the material to be brought to the students in a way that makes sense to them and helps them learn deeply and lastingly.

Franken wants to take the principles that make students so drawn to their major classes and apply those techniques to the developmental English and math classes. She is grateful that students showed interest in the elimination of the fees and the process of going forward to provide the academic and intellectual material they need to be successful.

# State of the University address

Continued from Page 1



Photos by Kyle Wilkinson/The Observer

(Left) Robert Nellams shares his experiences at CWU, reading a poem by Nina Miriam about othering.

(Right) President James Gaudino challenges CWU to rise from achieving excellence to achieving greatness.

Moving on to sustainability, Gaudino mentioned Greta Thunberg's address to the United Nations' Climate Action Summit and the surrounding climate strike movement.

"The power of her passion gave an indication of the feelings of her generation, and reminded us of our responsibility to act immediately to confront those challenges," Gaudino said.

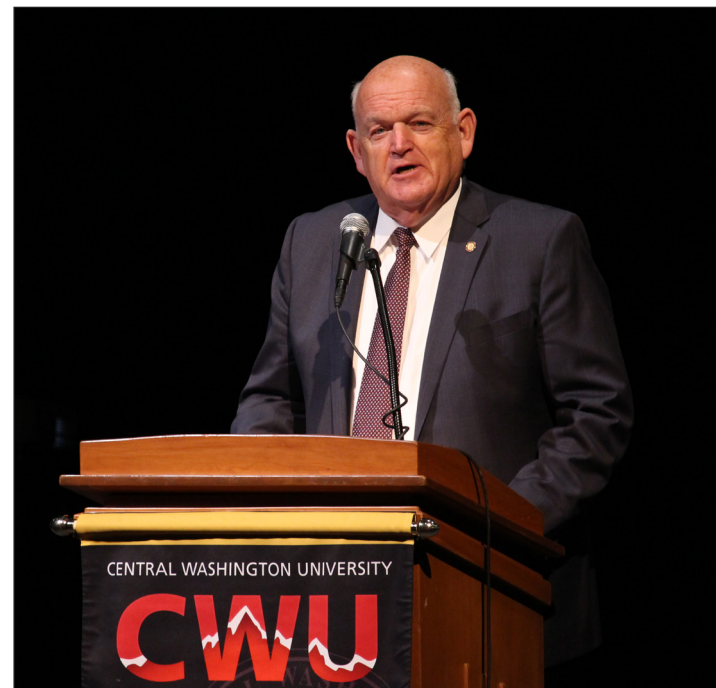
According to Gaudino, CWU has already been working towards increasing its ecological sustainability for the past several years. He cited projects like the new Wildcat Neighborhood Farm, more efficient irrigation networks and the replacement of older vehicles in the motor pool with hybrid and electric vehicles. Gaudino also mentioned the bronze-level recognition CWU earned from the Association for the Advancement of Sustainability in Higher Education.

"Bronze is good—perhaps excellent," Gaudino said. "The goal for the next five years is to be great, as indicated by a gold or platinum rating."

This year's address had a theme which originated from interaction Gaudino had in January with the leader of a Northwest Commission on Colleges and Universities visitation team who said: "[CWU] is an excellent university that is on the cusp of greatness."

According to Gaudino, what was meant as a compliment was taken as a challenge.

"The word 'cusp' started to bother me," Gaudino said. "To be on the cusp suggests we are standing on the line separating two states, one being unusually good, the other being remarkable and eminent."



## Gaudino's Goals

**Sustainability:** Reduce the CWU campus's carbon footprint by at least 5%.

**Diversity:** Increase diversity of faculty and staff by 5%.

**Retention:** Increase freshman-to-sophomore retention from 71% to 80%.

Editor: Nicholas Tucker

# Showcasing student service

**Matt Escamilla**

Staff Reporter

Last week the Center for Leadership and Community Engagement (CLCE) put their community service work on display for the CWU community to see. According to Maurice Watkins III, a program leader within the CLCE, the event has gone on for over five years. Watkins said that having fun while providing a learning experience at the same time is the essence of what the CLCE does.

“That’s something we hold near and dear to our hearts,” Watkins said.

Andrea Dickerson, the CLCE director, said volunteering impacts students in multiple ways.

“Civic engagement and volunteering through the university to connect with community stakeholders and partners are considered to be a high impact program, it promotes a sense of belonging ... as well as a sense in pride and service,” Dickerson said.

Dickerson also said high impact programs directly correlate to increases in student engagement and retention rates.

Makenna Thuringer, a sophomore in biology pre-med with a minor in chemistry, is the vice president of S.I.S.T.E.R.S, a club at CWU. She put in 60 hours of community service last year. Of those 60 hours, 17.25 hours came from the CLCE. Thuringer now works for the CLCE as a staff writer.

“I’m really proud of the amount of hours I was able to do and the amount of people I was able to meet my first year,” Thuringer said. “I really put myself out there toward winter [and] spring quarter ... I started networking. I started getting involved in the community. I met so many people that set me on the right path to where I am right now.”

According to Watkins, the CLCE puts on around 20 volunteer events per quarter during the academic year.

An event that’s become popular over the years is the Yakima River Cleanup. Dickerson said this year’s cleanup involved over 300 volunteers who planted hundreds of trees, disposed of garbage and fixed fences.

“The feedback and the responses that we get from students are amazing,



Photo Courtesy of the CLCE

Maurice Watkins III (left) and Bianca Sanchez (right) are program leaders for the CLCE. The Showcase of Action was on display throughout the third week of October.

they truly find purpose in their service and value especially with programs like Yakima River Cleanup,” Dickerson said.

The CLCE doesn’t require students to attend community events in order to volunteer for the next event.

“That’s the beauty in having all of these civic engagement opportunities, because whether you miss one, two or few that should not hinder you and we don’t allow it to hinder you from participating in community service opportunities in the future,” Watkins said.

Watkins also said when he first got involved with serving the community, it added fuel to his fire and made him want to do more.

Both Watkins and Dickerson have had instances where students have said they enjoyed the experience of giving back.

“For the people that I’ve spoken to in regards to helping out within the community, they’ve benefited greatly from it. Every one of them has told me they wouldn’t take anything [away] from the

journey and if they could do it all over again they would,” Watkins said.

For students looking at graduate school, giving back to the community would be a great way to stand out, according to Thuringer. She also said she didn’t realize how important networking was until she got to CWU.

An event sponsored by CLCE hit home for Thuringer. A group of people went to Wapato high school to mentor students, ranging from freshman to seniors.

“We definitely were able to get in touch with people of a younger mindset who were wanting to get help and guidance and have a mentor. We were able to be that mentor for them,” Thuringer said.

Watkins had a conversation with a student who was at the Yakima cleanup last year, who noticed his photo during the showcase.

“Being able to simply walk by [and] pinpoint that you’ve been apart of something and you can also display the

great impact that it had on you says a lot about the impact of the event as a whole,” Watkins said.

Dickerson is pleased to see students taking initiative in making their community a better place.

“Since I’ve been the director for [CLCE] what I’ve been the most proud of is the sense of pride and ownership students have in the campus and the community [along with] how much of an impact they actually have in serving,” Dickerson said.

According to Thuringer, the CLCE is just getting started. She said bigger and better things are ahead.

“I think that there’s always more networking, always more community outreach, volunteer opportunities that we can get CWU involved in,” Thuringer said.

Over the last year, the CLCE has shown that community services benefit both the people in which the volunteers serve and the volunteers.



Photos Courtesy of the CLCE

(Left) The Red Cross blood drive is one of the many projects undertaken by the CLCE volunteers help put on. (Right) CLCE volunteers take part in the Yakima River Cleanup, which over 300 people took part in this year.

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Editor: Mary Park

# Ghostlight Labs sheds light on Holocaust



Meghan Rochelle/The Observer

Brad Alemeo (left) plays the recorder as McKayla Dawes (center) plays on the violin at dress rehearsal. Music was integral to the play, "And a Child Shall Lead."

## Jackson McMurray

Staff Reporter

The Holocaust isn't being taken seriously lately, thinks Grace Basta, director of the CWU theater department's most recent Ghostlight Labs production, "And a Child Shall Lead." The show, which opened on Oct. 18, ran three shows through that weekend.

"And a Child Shall Lead," is a play by Michael Slade, which tells the story of a handful of children of various ages living in a Jewish concentration camp in Nazi-occupied Czechoslovakia. The

children do their best to live their lives and fight oppression within their very limited means through the use of arts and humanities.

Basta and many of her collaborators on the project had a firsthand experience of seeing the Holocaust unit being phased out of high school humanities curriculums.

"It was a part of history," McKayla Dawes, an actor in the production, said. "And things are kind of still continuing, or repeating themselves ... They can say it never happened but it still happened."

The characters start a newspaper for the prisoners of the camp, write poetry,

draw pictures and play music. Sometimes these efforts are attempts to be heard by the world outside the camp, but often characters are simply trying to hold on to some agency in their lives.

The program for the show includes a director's note from Basta, which reads: "Listen to the words you hear tonight ... We must use the voices of these children as a launching point to impact our world for good, to stand up for those who have been silenced."

Basta clearly feels strongly that examining the horrors of World War II is a critical exercise now more than ever, and her cast member Brad Alemao agrees.

"Some of these problems and issues are still happening today," Alemao said. "It's very intense, and a lot of people are too afraid of the intensity to look at it."

The show is the product of a long-stewing ambition for Basta, who originally pitched her idea for this Ghostlight Labs show in Oct. 2018.

The production of the show was a staged reading, meaning that the actors carried their scripts in hand during the performance.

Basta said this was a matter of necessity, since they were only given two weeks to mount the production, but that it does actually add something to the performance, it allows the actors to be more solidly connected to the text.

Basta makes use of the scripts for

dramatic effect as well. They were integrated into the blocking, and whenever a character would die the actor would leave their script on the stage for the duration of the show, making their continued presence and influence known.

The shows took place in McConnell 119, a black box theater where approximately three dozen chairs were set up along the walls on opposite sides of the stage. The show was intimate by design, with actors coming within inches of audience members in the front row.

The design of the show was minimal, with no props, except a doll and some blocks, and a simple, mostly static lighting design.

Beyond the script and the performers, the most integral element of the production was the music. Throughout the characters, and often the actors playing them, would perform music. Many scenes are underscored by recorder, violin and piano pieces.

At the end of the show the actors stood facing the audience, some with tears in their eyes, and showed pictures and drawings from prisoners in Nazi concentration camps alongside modern-day photos of similar intensity from places like Russia, Korea and the U.S.-Mexico border.

The gesture asks the audience a hard question: "What are you doing about it?"

# Need a Halloween costume?



Meghan Rochelle/The Observer

From superhero to witch and Santa Costumes, every aisle is filled with Halloween goods. Central Party and Costume, located on Fourth Street in downtown Ellensburg, also rents out party supplies for events.

## Tapanga Krause

Staff Reporter

Walking through the store, people can see aisles lined with all kinds of costumes and accessories while themed music plays overhead. The costumes span all genres and categories, including adult and children's costumes, as well as masks, fake boas and hats.

Central Party and Costume, located on Fourth Street, has been selling and renting out party supplies and costumes since 2004. They rent out anything from tables and chairs to chocolate fountains, Santa suits and fog machines. They offer party supplies for weddings, graduations, themed parties and more.

"The most popular categories for college crowd are group costumes, such as Batman and Robin, and career related costumes, such as law enforcement, firefighters and nurses," Owner Eva Frink said.

Frink and her late husband, who died in December of this year, got married in Hawaii. When they went to plan a reception and they had difficulty finding a space that offered quality party rentals.

Frink had to buy all the supplies, such as chairs, tables, a tent and tableware, on her own. Frink started the business after a neighbor had asked where she got all the supplies.

"I told her that I bought it. She asked if she could borrow it," Frink said. "And

she said that she would pay me. [The] business idea came into my head."

The business started as a rental shop. The first store was a consignment shop located in Pine Street Mall over on Pine Street. For two years, Frink met customers at this location through consultations and rented out party supplies.

Frink had a display for her party rentals in the window, and this is when she began decorating for some of the clients who rented from her.

The business then turned into a party sale and rental place. Frink had the second store for about four years before she moved. Central Kyokushin Karate dojo resides in the location now.

The third location was an old liquor store located over on Seventh and Main Street, where she maintained business for about seven to eight years. While they had this location, they leased the

space they have over on Fourth.

"I leased it just so I would have a separate Halloween space," Frink said.

Frink said she used the space as a venue that people could rent out, the space next to the current location used to be a café that was attached to the shop. They also used to lease the old Hollywood video place, which was a bigger space.

"We went all out [for Halloween] in those years," Frink said.

A normal day for Frink consists of meeting with customers, making deliveries and giving out consultations.

The craziest thing that has happened to Frink is when she was delivering party supplies to the upper county, an elk got into the trailer. He walked up the ramp and just looked around.

"We could've shut the door and took him with us, but we didn't," Frink said.



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Editor: Mary Park

## Zombie brains and more at CWU Psychology Club



Kyle Wilkinson/The Observer

Students shared with others their three top values, such as leadership, peace and travel at the Oct. 16 CWU Psychology Club meeting. The club hosts various academic and social events throughout the year.

### Mary Park

Scene Editor

If zombies were real, how would their brains work?

As a Halloween special, the CWU Psychology Club will be hosting an event called Zombie Talk with Dr. Ralf Greenwald, neuroscientist and psychology professor. It will be held on Oct. 29 at 5 p.m. in Dean Hall 104.

Larissa Escamilla-Ocanas, the president of the Psychology Club and Psi Chi, the international honor society in psychology, explained the event.

“Dr. Greenwald is going to be talking about any and everything related to zom-

bies and how their brains work if they were real,” Escamilla-Ocanas said. “It could happen [in real life], he goes into more detail, a little scary actually.”

But zombie brains aren’t the only topic that is covered by the psychology club.

Andrea Glinoga, the club senator and Student Academic Senate (SAS) representative of the Psychology Club, said one of her interests in psychology is thinking about the amygdala, a part of the brain that controls the fear response.

Psychology is a broad field of study that has many sub-branches, but the club has an open-door policy for anyone, including students majoring outside of psychology.

Every Wednesday from 5:30-6:30

p.m. the club meets in room 471 of the Psychology Building to discuss academic-related matters or to socialize and meet other students with similar interests.

In the Oct. 16 meeting, Escamilla-Ocanas opened with an icebreaker activity.

From a list of values on a handout, students circled ten words they connect to the most, such as independence, personal growth and happiness. They then had to cross out from their ten words until only three were left.

“Find someone with a common value you share,” Escamilla-Ocanas instructed.

As students met other students with one or more of the same values as themselves, some laughed and talked about it with others.

Charles Whitmire, a sophomore in psychology and political science, said his three main values were “truth, justice and unity.” Whitmire said he was interested in getting to know people in the club and psychological research.

Alyssa Nauss, a sophomore psychology major interested in studying abnormal psychology, said she narrowed her values down to “fun, helping others and knowledge.” Nauss said she looked forward to meeting more psychology majors in the club.

“It’s kind of fascinating to see the different [backgrounds] people come from, that shape their values,” Escamilla-Ocanas said.

Throughout the meeting, Escamilla-Ocanas talked about one of the biggest events for the club: The Western Psychological Association (WPA) Convention.

The WPA is held every spring and researchers and students all over the western U.S. gather together in a different location each time and present research findings and exchange ideas.

“This year, it’s going to be in San Francisco, California,” Escamilla-Ocanas said. “And it’s their 100th anniversary ... WPA is a fantastic opportunity to network with different grad schools and programs.”

There are requirements to fulfill to be eligible to go to WPA, like volunteering hours at club events and paying the registration fee.

The club also participates in events happening locally on campus, such as Boo Central, and off campus, like Out of the Darkness Walk.

At the Boo Central event on Oct. 31 in the SURC Ballroom, the Psychology Club sponsors a table with activities and candies to help kids enjoy a safe Halloween indoors.

Out of the Darkness Walk is a fundraising event organized by The American Foundation for Suicide Prevention that happened on Oct. 20 in Seattle.

The walks are held throughout the year in hundreds of cities across the country. People affected by suicide in any way walk together to promote healing and to help raise awareness for suicide prevention. Some psychology club members attended it to support the cause.

“Some people give their personal stories at Fisher Pavilion,” Escamilla-Ocanas said. “It’s a really fun but also emotional event that I think has a really good cause to be supportive of.”

## Casino Classic games to bridge the gap

### Pilar Cuevas

Staff Reporter

On Oct. 25, the Center for Leadership and Community Engagement (CLCE) will be partnering with the Ellensburg Adult Activity Center (AAC) for the second annual Casino Classic. CWU students can strengthen their communicative skills and assist older adults with fun casino games.

The event will be taking place at the Ellensburg AAC. Student volunteers will start check-in at 10:30 a.m. and will come back at 2:30 p.m. Free transportation will be provided along with a grilled cheese and tomato soup lunch. To volunteer, students can sign up through the CLCE website.

According to The City of Ellensburg website, the AAC is a drop in recreation facility that offers recreational and life-enrichment activities. The AAC is a place where adults of ages 50 and up can come and enjoy fun activities such as games, art, fitness and more.

Andrew Klippert, a CLCE program leader and senior at CWU, explained his inspiration and reason behind starting the event. Klippert said a game was held during winter quarter called “Forget Me Not Bingo.”

However, he wanted an additional activity for older adults in the Ellensburg community. Here, the Casino Classic event idea was born.

Klippert said the event is similar to “Forget Me Not Bingo” and that he wanted to do another event that older adults would like, such as casino games.

“Blackjack is the most popular because people understand it since it is the easiest game,” Klippert said. “It is also the most popular at the casinos too.”

Many businesses donated prizes for

the event. Participants can win prizes like gift cards from local businesses.

Klippert said he reached out to 17 different local businesses such as IHOP, Ellensburg Pasta Company, Rodeo City Bar-B-Q and The Palace Cafe. He added that local businesses usually give gift certificates.

“They asked if the event was going to be held again,” Klippert said. “Obviously we had a fun time.”

Along with Klippert, AmeriCorps volunteer Deborah Boudreau, who actively volunteers at the AAC, helped to prepare the event. Boudreau mentioned more on last year’s Casino Classic.

“Last year, everybody had a great time,” Boudreau said. “Everyone [at the AAC] loves it when students come. The older adults like working with college students.”

Klippert said the most memorable thing from the Casino Classic is the volunteers’ interaction with the adults.

“That is the cool thing about this event, it bridges the gap between older generations and us,” Klippert said.

Deborah Hofstrand is an AAC adult participant who attended the Casino Classic last year.

“It was a lot of fun, a lot of different games and a lot of people,” Hofstrand said. “It’s good when you interact with people, talk with them and encourage them. And most of the kids are great to be around.”

Communication is not the only skill that volunteers can improve at the event. Klippert added that events like Casino Classic help adults understand college students’ lives.

“They also get to see us, that we’re all not just drinking and partying,” Klippert said. “We like to help.”

College of Arts and Humanities

THIS WEEK

24

**Artist Talk: Sonny Assu**

4 p.m., SURC Theatre, Room 210

Sonny Assu is an interdisciplinary Ligwilda'xw Kwakwaka'wakw contemporary artist. Assu's artistic practice is diverse: spanning painting, sculpture, photography, digital art, and printmaking.

25

**Byron Schenkman & Friends**

7 p.m., Recital hall \$12 / 7

Byron Schenkman is an American harpsichordist, pianist, music director, and educator. Schenkman has recorded over 40 CDs and has won several awards and accolades.

29

**Octubaween 2019**

7 p.m., Recital Hall

CWU Tuba-Euphonium Studio Recital

30

**Halloween Concert**

7 p.m., Hertz Concert Hall \$14

Join the CWU Symphony Orchestra and the CWU Chamber Choir as they present their 22nd Annual Halloween Concert - Fun for all ages!

Information and tickets

[cwu.edu/arts/events](http://cwu.edu/arts/events)

CWU

College of Arts and Humanities



# EECO

## Ellensburg Strikes

Continued from Page 1

Ecosystems are in jeopardy as they are not being treated according to their monetary values. Treating the environment at its proper monetary value requires a cost benefit analysis which is how the determination of value on the ecosystems is placed. The analysis places monetary values on the environment, allowing for comparisons between ecosystems and other quantifiable objects. The purpose is to measure the likability outcome of environmental policies. When the environment is measured properly, then the resources can be used correctly and efficiently.

The Environmental Commission (EC) discussed the recycling policies that Ellensburg has. Students can be environmentally conscious by recycling plastic bottles and paper, but they should know that Ellensburg no longer collects glass bottles, according to the EC. Kittitas County is no longer collecting curb-side glass bottles as its value has dropped in comparison to raw resources such as sand.

### Ecological Sustainability

According to Fields, the purpose of ecological sustainability is to “find a way to value the environment in order to use the environment at its full potential.”

The Earth has a finite amount of resources and we are way past its carrying capacity with the use of natural resources. Preventing global change before it becomes irreversible is a focus of climate change strikes and protests.

Fields has been helping with the selection of a future Coordinator of Sustainability.

In the dining facilities on campus, new sustainable practices have been made. CWU has been aiming to become more sustainable by the decomposable ware used at the dining services.

The environmental club has created their own hashtag for awareness, #GreenTagCWU. The students participated in the global climate strike alongside the Ellensburg residents. The club meets every Tuesday in SURC 135 from 5-6 p.m.

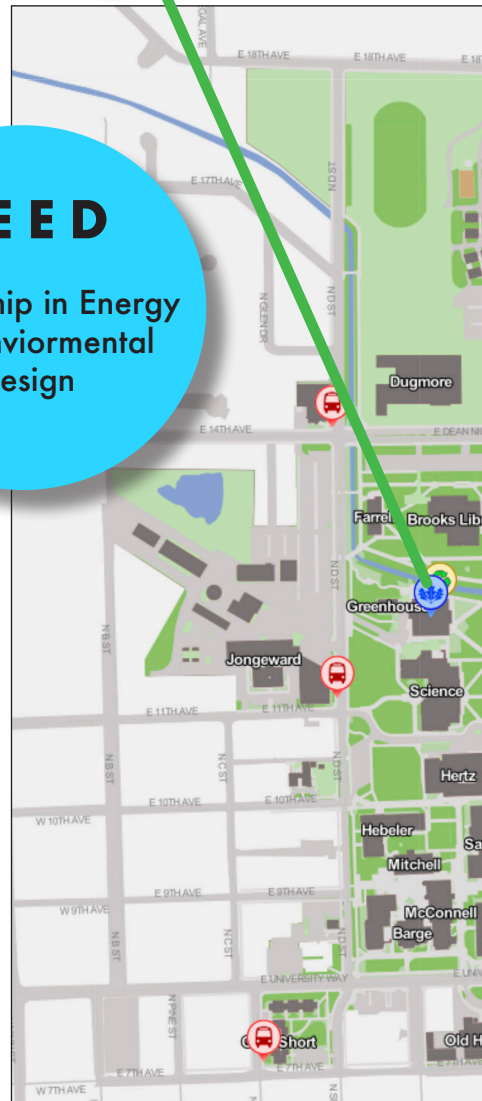
The CWU Environmental Student Club is “dedicated to improving and promoting environmental quality and sustainability on campus and in the community.”

**Dean Hall**  
Gold LEED Rating

- Energy-efficient lighting and heating
- Water-conserving plumbing fixtures saving more than 140,000 gallons annually
- Native landscaping with adaptive drought-tolerant plants

**LEED**

Leadership in Energy and Environmental design



# - WARS

Back

Story by AJ St. John | Photos by Mariah Valles and Kyle Wilkinson | Design by Aiden Knabel

## Hogue Technology

Gold LEED Rating

- Solar panels and wind turbines
- Open design to see construction methods of energy-efficient building
- Radiant and chilled beam heating/cooling systems

## Native Landscaping

It's more cost effective to have native landscaping. It's easier to manage and save cost effective. Ellensburg receives 10 inches of rain per year, according to Fields. The estimated amount of water that an average lawn takes is about two inches per week. Taking that amount of water, multiplied by the campus and then the city of Ellensburg, the water being used is more than what is being precipitated. Fields also said Ellensburg is one of the driest cities in Washington. She also mentions that the water Ellensburg uses comes from aquifers underneath the Klaukem, not the Yakima River. Using the aquifer, and infiltrating the groundwater, brings concerns of pollution. Because of the dry nature of Ellensburg, Fields had suggested the substitution of kentucky bluegrass to native grasses and plants.

"There's only 1% of viable shrub steppe ecosystem left in Washington, one of the most endangered ecosystems in the United States," Fields said.

Shrub steppe is a native low grassland that does not require nearly as much water as the average lawn. Fields believes that the grass used in an average lawn is kentucky bluegrass. During the EC meeting, alternatives such as micro clovers were mentioned which help decrease the amount of water being used. By properly utilizing shrub steppe, native ecosystems can be preserved and used accordingly. According to the Washington Native Plant Society (WNPS), shrub steppe also protects the soil from further rapid erosion by wind and water. The prevention of the rapid erosion is ideal to battle the invasive plants that cover the soil. The unconverted areas of shrub steppe are more threatened by disturbances and are more susceptible to wildfires, according to the WNPS.

Director Kirsten Sackett, along with Fields, discussed the reconstruction of the EC mission statement because of the outdated previous statement.

Council members were asked by Sackett to set aside monetary values in order to place input on the purpose of the EC. Brainstorming for the focus of the EC mentioned the native landscaping work and more efficient use of land, water and energy. After initiative from Sakett, council members then debriefed the individual visions of the possible new EC mission statement.

Currently, Fields is working on the east entrance of Dean Hall. If given proper funding, by spring 2020, Dean Hall will have native plants in its front. By using native landscaping, CWU can save money and have less management based off of environmental economics.

According to Fields, there is a feeling of low morale for the EC when the commission can only make suggestions. Every third Wednesday of the month the EC holds a meeting to discuss future projects, which is open to the public.

## Barto Hall

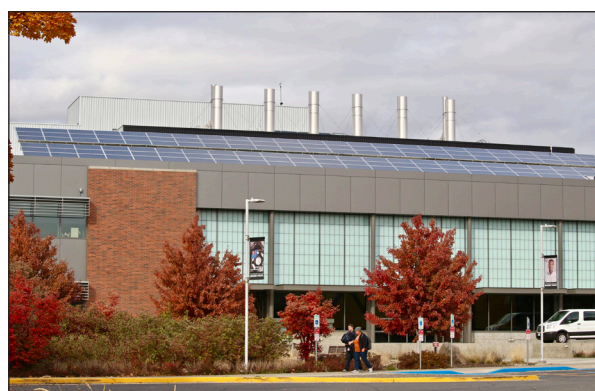
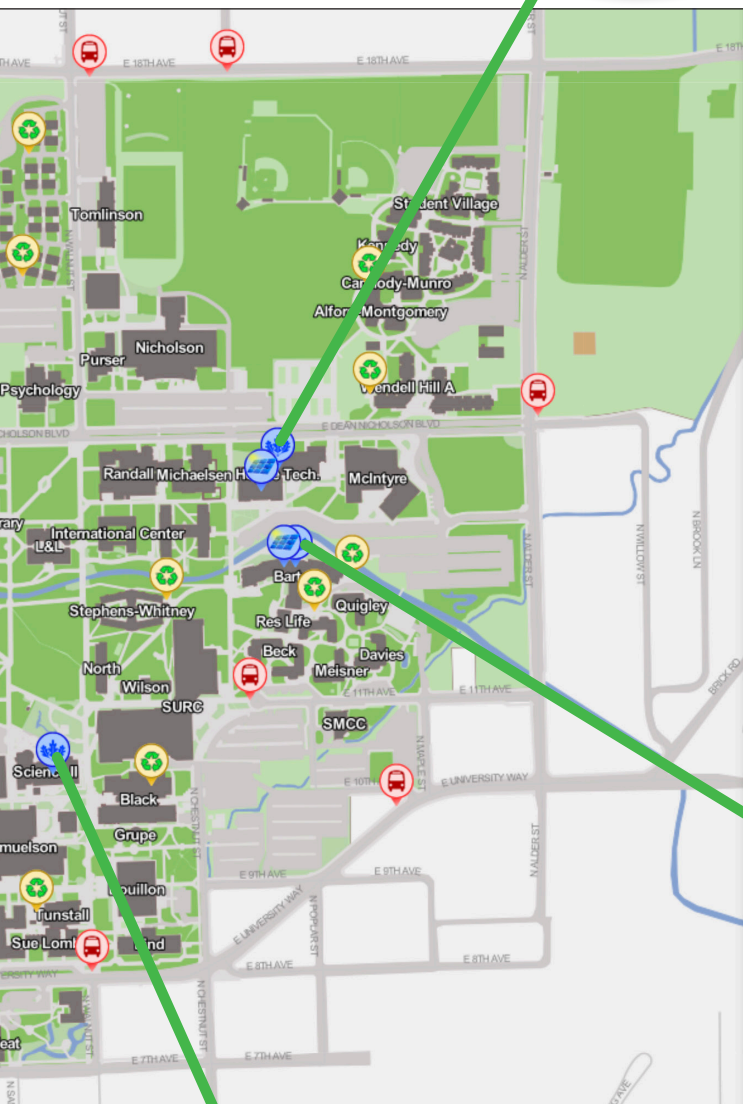
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- Water conserving plumbing fixtures
- State-of-the-art metering and monitoring systems

## Science II

Gold LEED Rating

- Showers built in to encourage running, walking and/or biking for a commute
- Uses recycled waste heat from the steam plant to heat water and warm building



Editor: Mary Park

# Local art on Ellensburg bus shelters

**Mary Park**  
Scene Editor

Your wait for the bus will soon be embellished with a taste of local art. Artwork by 10 artists with connections to Kittitas County, CWU or both, will be installed on new bus shelters around Ellensburg by spring 2020.

Gregg Schlanger is the chair of art and design department at CWU who was on the selection panel for the Ellensburg Arts Commission. According to Schlanger, among the artwork, nine out of 10 artists are CWU alumni, current students or lecturers in the art and design department.



**Courtesy of Justin Beckman**

Justin Beckman, CWU alum and assistant professor in graphic design, said viewers can see at least eight different images in his piece. It is an extension of his work called "How the West Was Won."

## Justin Beckman

Justin Beckman, CWU alum and assistant professor in graphic design, said he is excited to have his work installed onto a bus shelter.

"It's really cool as an artist and designer to be able to have your work not only shown in a public space, but a public space that is going to be there for an extended period of time," Beckman said.

Beckman said that for several years, he'd been working on a body of work called, "How the West Was Won," which consists of found images from different time periods that have been combined and juxtaposed to create new historic documents. The artwork selected for the bus shelter is an extension of that work.

"It recontextualizes the meaning of those images, while also bringing into question about the accuracy of the original document," Beckman said. "Connecting with traditions within our community both from the perspective of who the Native Americans were when we arrived but also connecting to our cowboy heritage of this community, while questioning some of the meanings contained therewithin."

Beckman, who has lived in Ellensburg since 2001, said one thing he appreciates about the city is the valley and the landscape around Ellensburg.

"I love the fact that we have four seasons, we have amazing hiking and camping all around. I love the river that runs through the valley," Beckman said.



**Courtesy of Krista Kok**

Krista Kok's art shows a playful image of mountains, hills, windmills, cows and a UFO. Kok said she wants viewers to enjoy and have fun looking at her work.

## Krista Kok

Currently a senior in graphic design and art director of Pulse Magazine, Krista Kok's piece shows a playful image of mountains and hills, windmills, cows and a UFO.

"I like it when people look at [my work] and just smile and be like, 'that's funny,'" Kok said.

As a graphic designer who also paints, Kok said she wanted to focus more on illustration and use inspiration from the 1960s and 1970s psychedelic rock posters.

"I really like neon pastel colors and I use that in a lot of my work so I picked up one of my color palettes I have on my computer," Kok said. "I wanted it to be bright and kind of fun."

Kok said that having public art in everyday places in the community can help people appreciate art more and open the door to the artist's world.

"I really like to do art for the community as much as I can," Kok said. "Being accepted, I was really excited and I felt honored to be able to contribute to the community."



**Courtesy of Tara Pillai**

Tara Pillai's artwork displays Ellensburg's warm summer colors. The blue and green tones were inspired by People's Pond at Irene Rinehart Riverfront Park.

## Tara Pillai

Tara Pillai, a recent Bachelor of Fine Arts graduate, recalled the moment she received an email with the news that her artwork was selected.

Pillai had been home sitting on the couch, spending time with her friends.

"I just got a notification from someone and I read it, and I had to read it like three times to understand, [and I thought] 'it actually got in?'" Pillai said. "And at first, I was just jumping up and down and my friends were like, 'What happened, what happened?'"

Pillai said she had doubted her artwork would be selected.

"I just thought my artwork was not good enough, you know," Pillai said. "And so when that email came, I was like oh my gosh, I did it. I pushed myself and I did it."

Pillai explained that she tried to paint Ellensburg landscape in terms of color and used molding paste to create texture.

"I took all of the emotions that I thought of when I saw Ellensburg in the summer and I basically tried to convey that in a painting," Pillai said. "That's why it's very bright."

The green portrays the farm fields and the blue depicts the sky and the pond at Irene Rinehart Riverfront Park. The orange represents "the most beautiful sunset" and the red, central Washington.

"I spend a lot of time at People's Pond," Pillai said. "During the days all summer, I [saw] the crisp blue sky, I took a lot of photos at that lake. When I think of summer, I think of 'hey let's go to the pond and hang out.'"

Pillai said there isn't a single message in the painting; she simply wants people to look at it and enjoy it.



**Courtesy of Jerry Slough**

Jerry Slough, a photographer from San Diego, California and current CWU graduate student put together multiple images in his piece. Some examples include Mason Ale Works in San Marcos, California and a cat.

## Jerry Slough

Jerry Slough, a photographer and current graduate student in the art and design department, put together a collection of images for his piece.

"It's a project that I started after coming to Ellensburg, leaving San Diego, leaving a life behind to come to grad school," Slough said.

Slough asked his friends on Facebook to send him thoughts or images that would represent the friendship and history they each had with him.

"The most obvious images in the piece are a picture of Mason Ale Works in San Marcos, California," Slough said. "That's where a good friend of mine, we just had some fun times there."

There is also an image of Tom Waits, a cat and a dog, about which Slough said, "the point is for them to be ... less recog-

nizable, but little points of interests to be peeked in."

According to Slough, the photograph is representative of friendships, but in some ways they're also self-portraits.

"Looking back at these, ideas of memory and that kind of thing-- photography has always been associated with memory, life and death, end and beginning," Slough said. "I'm trying to bring them in together to this image."

Slough's range of work involves photograph prints and transferring them onto different substrates such as metal and plexiglass.

"I have this fascination with messing with the print to create a new image," Slough said.

He said he also plays around with the photo to create a painterly feel, which means to make the photo look like a painting.

Editor: TyYonna Kitchen

# A sport and so much more

**Tapanga Krause**

*Columnist*

Competitive cheerleading, like football and basketball, is a sport. Not only is it competitive, but it is also physically demanding. As a former cheerleader myself, I know first-hand how rigorous it can be.

Cheerleaders train just as hard as any other athlete. They spend the same amount of time running routines to make sure they are executed perfectly. Much like a football team running a play, if a routine is not executed the right way, you risk seriously injuring not just yourself, but the flyer as well.

A flyer is the person that you toss into the air. According to the World's Ultimate website, cheerleading has more injuries and they come after the football season. Our routines consist of multiple tumblers and gymnastic like moves, which means a cheerleader needs extensive experience in both.

I took gymnastics for five to six years before I joined a cheer squad. It's also helpful to have a dance background.

It's not just our physical health that is monitored very closely, it's our diet as well. A cheerleader's diet consists of carbohydrates, such as pasta or whole grains, calories, fluids and proteins.

Cheerleaders spend hours going over routines and just as much time in

the gym. Lifting weights, running laps and doing pushups. They are in the gym at least four times a week. Just like most varsity sports, cheerleading is physically exhausting.

If a cheerleader doesn't have a healthy workout and diet, then that cheerleader's peers and coach won't believe they are at their best.

The coach's main job is to supervise the practices and to motivate us to perform at our best.

They sometimes lead cheerleaders through routines, but that's mainly the job of the captain and co-captain. Cheer isn't just about looking pretty standing on the sidelines at a football game. Cheerleaders also compete at regional, state and national competitions.

Cheer isn't just a sport, it's a lifestyle. Cheerleaders spend their entire lives training to be part of a squad. Not only are cheerleaders pressured by their coaches and peers to perform at their best, they're also pressured by their moms who couldn't be prouder that their little girls are living a dream they might not even want for themselves.

Cheer is not for the faint of heart. In practice, someone is always getting hurt. Whether it's a bloody nose, a sprained ankle or a black eye, the squad is lucky if they can make it through a practice without injury. Cheer is a very dangerous sport be-

cause there are so many ways you can get hurt.

Surprisingly, flyers don't get hurt nearly as often as the bases do. A base is the person standing on the ground holding or catching the flyer(s). Stunting, lifting flyers into the air so they can do their routines, is one of the most dangerous parts of cheer.

If someone is a base, they have to be very careful. The main reason being, you are supporting the weight of the flyer and if you drop them, they can get seriously hurt.

That's why coaches have serious consequences for the entire squad if a flyer so much as touches the ground. My coach would make us run laps or do pushups until we couldn't feel our

arms and legs.

On the outside we might just look like a bunch of pretty girls dancing around in short skirts with a pair of pom-poms, but cheer is so much more than that.

Cheer was a serious and important part of my life for five years. It was one of the hardest things I ever did. However, it was also one of the best experiences of my life. Cheer means so many things to so many different people.

For me, cheer isn't just a sport. It's a community, much like football players have their team, cheerleaders have their squad. Not only do they become your best friends, they become your family.



Graphic by Teagan Kimbro

## Paragard IUD: the birth control for you and me

**Samantha Cabeza**

*Columnist*

Starting any form of birth control can be scary, overwhelming and a very tough decision to make.

If you are thinking about going on any form of birth control, I highly recommend using the Paragard. You may know this as the copper IUD, which is a non-hormonal, reversible form of birth control. IUDs prevent pregnancy by releasing either copper or hormones into your uterus. This impacts the movement of sperm and helps prevent them from reaching an egg.

It is inserted into your uterus and the whole process takes about 10 minutes to complete. It is extremely painful but every woman experiences pain differently. Planned Parenthood recommends taking Ibuprofen before the procedure to reduce the significance of the pain. Scheduling your insertion around ovulation or your period may also reduce the pain you are in during and after your insertion.

The Paragard is 99% effective and reversible. You don't have to worry about it for 10-12 years, meaning you never have to remember to take a pill or worry about accidents that may happen during sex. In the case you are to remove your IUD, you are able to get pregnant the day of removal if you wish. If you were to have a permanent form of birth control, such as tying your tubes, there is only a 50% to 80% chance of becoming pregnant if you were to reverse the procedure, according to the John Hopkins Medicine website.

What I love about the copper IUD

is that there are no hormonal side effects. The reason I got mine was because I am epileptic and almost no birth controls can mix with my medication, which gave me limited options. Having non-hormonal birth control means you will experience none of the side effects (weight gain, mood swings, etc.) and still get your period monthly.

When I got my IUD put in, the doctor who worked with me said that he has put in over a thousand IUDs. The most important part of this whole process is to find a doctor that is reliable and experienced. In that case, I would recommend going to CWU's Student Medical and Counseling Center (SMaCC), because the doctors and nurses there are extremely experienced with birth control and will make sure you feel comfortable with the process.

I believe that the IUD benefits outweigh the potential side effects. There is a small chance that an IUD could become lodged, but this side effect only occurs in about 0.01% of cases. This can only happen if the uterus is torn during the insertion process, which again only happens in rare cases. This is why you need a doctor who is experienced in this field.

Although the IUD is 99% effective, you still need to wear condoms due to the fact it does not prevent STDs. Even if you are with a partner that you trust, having a backup is still extremely important when it comes to possible accidents. Wearing a condom makes your IUD even more effective. Your IUD can also act as an emergency contraceptive if it is placed up to

five days after an accident.

College is a great time to explore what you like and who you like. Pregnancy is not something a young woman or couple should have to worry about while being in school. Having the most effective form of birth control can make sex more exciting without the worry of having an accident.

The SMaCC offers the service of

putting in your IUD if approved by your insurance or if you are willing to pay out of pocket. Students must make an appointment to talk about their options first before making an appointment to continue with the process of the insertion.



Graphic by Teagan Kimbro

Editor: TyYonna Kitchen

# China: 1, democracy: 0

Will Ortner

Columnist

LeBron James came out this week and finally let everyone know his opinion on the situation between China, Hong Kong and the NBA. Then everything hit the fan. For those of us who were living under a rock this October, let me explain why James needed to comment on China, and why his comments angered people.

China and Hong Kong have been at odds politically for the better part of six months which has led to pro-democracy protests in Hong Kong.

This had nothing to do with the NBA until Oct. 4 when Daryl Morey, the general manager for the Houston Rockets, tweeted out his support for the protestors in Hong Kong. Morey's tweet immediately went viral around the world. This is a massive problem for the NBA as China is a huge moneymaker for them. China then pulled their sponsorships from the Rockets and canceled TV coverage of the preseason games that were meant to show in the country.

Many people in the U.S. hoped that the NBA would take a stand for the people of Hong Kong and defend their right to protest against the Chinese government. In a statement that should have surprised no one, the NBA distanced themselves from Morey's comments. Then, the woke people of America immediately denounced the NBA and called upon its stars like James to come to the aid of the

people of Hong Kong.

James then came out and did exactly what any smart businessman would do and sided with the group that will make him the most money.

"I don't want to get into a word or sentence feud with Daryl Morey, but I believe he wasn't educated on the situation at hand, and he spoke, and so many people could have been harmed, not only financially, but physically. Emotionally. Spiritually. So just be careful what we tweet and what we say and what we do. Even though yes, we do have freedom of speech, but there can be a lot of negative that comes with that too," James said in an interview with Silver Screen and Roll.

Of course, this led to outrage in the U.S. with people demanding that LeBron apologize for calling Morey uneducated



Graphic by Teagan Kimbro

on the situation. Many fans were also angered that the man with the biggest platform in the NBA didn't reach out to help the people of Hong Kong in their pro-democracy movement. All of this has made me realize one thing; everyone in this situation should have seen this coming and is stupid for getting themselves involved.

Everyone that was horrified by the fact that James would side with China should have opened their eyes and saw that this was precisely what he was going to do. While there is no exact figure, Nike makes a revenue of \$6 billion in China, according to the USA Today newspaper. James, being a Nike athlete who has many times traveled to China to promote his brand, wants to make sure that he doesn't lose this money making market.

So, of course, he is going to softly side with China to keep his brand up in that country. Remember, he owns a movie production company that he wants to partner with Chinese companies to get "Space Jam 2" released in Chinese theaters. He would be a stupid businessman if he didn't side with China, which would have caused him to miss out on a ton of money. It's not like those who are now outraged on Twitter would make up the revenue he would lose if he came out against China. Therefore, financially, it makes sense for him to come out and defend China.

Now to James, of course, everyone on Twitter got mad. Many people on Twitter felt that China was repressing the people of Hong Kong and wanted everyone to join their side in the hopes that China would give into the protests. James, as a man of the people, should have seen this coming and never publically opened his mouth. It was a bad move by James and his PR team. James should have privately sided with the side that gave them the most money and publically done nothing.

This will probably do nothing drastic to James's public image. He still has done a lot of good things in his community and is a fairly well-liked guy to most of the public. He will need to lay low for a while until all of the social justice warriors on Twitter hear of another injustice going on somewhere else in the world. Hopefully, after reading this humble man's opinion, we can see why James did what he did.

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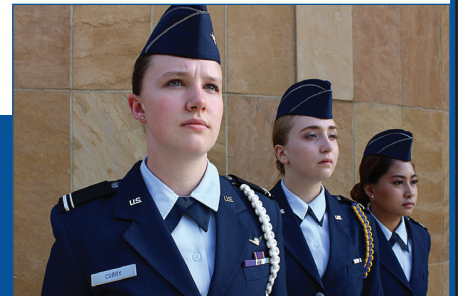
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Editor: Nick Jahnke

# Celebrate at the tailgate



**Samantha Cabeza**  
Staff Reporter

Tomlinson Stadium held its homecoming tailgate on Oct. 12. Students showed their Wildcat spirit through their apparel and enthusiasm to see CWU play Azusa Pacific University (APU). There were games, pizza and pumpkin smashing.

Tailgates are meant to bring students together and celebrate with games and food. Some of the games at the tailgate included giant jenga, cornhole and smashing pumpkins. Wellington the Wildcat even stopped by and visited all

*The tailgate at home football games begins about an hour before kickoff. Fans can socialize in Tomlinson Stadium's parking lot in preparation for the game.*

of the booths. He took photos with CWU fans and students.

Dominos hosted a pizza eating contest where students who competed were given a free t-shirt and a small cheese pizza. Whoever finished first took home \$100 in Dominos gift cards.

Campus Activities had students pay a small fee to smash pumpkins with a baseball bat. Onlookers watched to see who could make the biggest mess.

The tailgate had students sporting their crimson and black and sharing how excited they were. KCWU played music

and spoke on how they loved to see students so hyped for the big game.

Ryan O'Connor from 88.1 the 'Burg said he enjoyed the vibe that was being spread around the tailgate.

"People seem to be having a good time out here, cornhole isn't the most exciting game ever but students out here are somehow turning it into something fun," O'Connor said.

O'Connor also said he was most excited about the pizza eating contest and loved seeing people smash pumpkins. He said he had not been to a game

in a while was excited to sit down and watch a great game unfold. O'Connor believes that students were mostly excited to watch the Wildcats play and believed that is why there was so much spirit at the tailgate.

Clubs and organizations such as Campus Activities and Asia University America Program (AUAP) had wheels to spin for students as well as candy and stickers to give away.

## Opinion: the right way to pay college athletes

**Austin Lane**  
Senior Sports Reporter

Senate Bill No. 206, otherwise known as the Fair Pay to Play Act, allows student athletes to receive compensation for their name, likeness and image. The bill was passed this year, with California Gov. Gavin Newsom officially signing it into law on Sept. 30. The bill essentially bars the NCAA from retaliating against players for making money based on their athletic abilities. The provisions are set to go into effect on Jan. 1, 2023.

In response to the bill being passed in California, U.S. Representative and former wide receiver for The Ohio State University, Anthony Gonzales (R., Ohio) has introduced the idea of a national bill that would allow college athletes the chance to obtain revenue for endorsements.

CWU student athletes would benefit from this concept. Despite being a Division II program, CWU Football is a big part of the community. With the passing of a national bill allowing all college athletes the right to make money based on their name, likeness and image, CWU Football players would jump on the opportunity if presented. Say, for example, Winegar's wants to name an extreme bull after Wildcat running back Michael Roots. Winegar's could offer Roots a stipend for naming the drink after him. The NCAA would no longer have the power to punish Roots for accepting the stipend.

This bill directly goes against the NCAA and their rules that intend to

keep amateurism in college athletics. On a larger scale, the NCAA made around \$900 million in revenue off of March Madness. The NCAA reports that about 96% of the money flows out into the Division I membership, leaving them with about \$36 million.

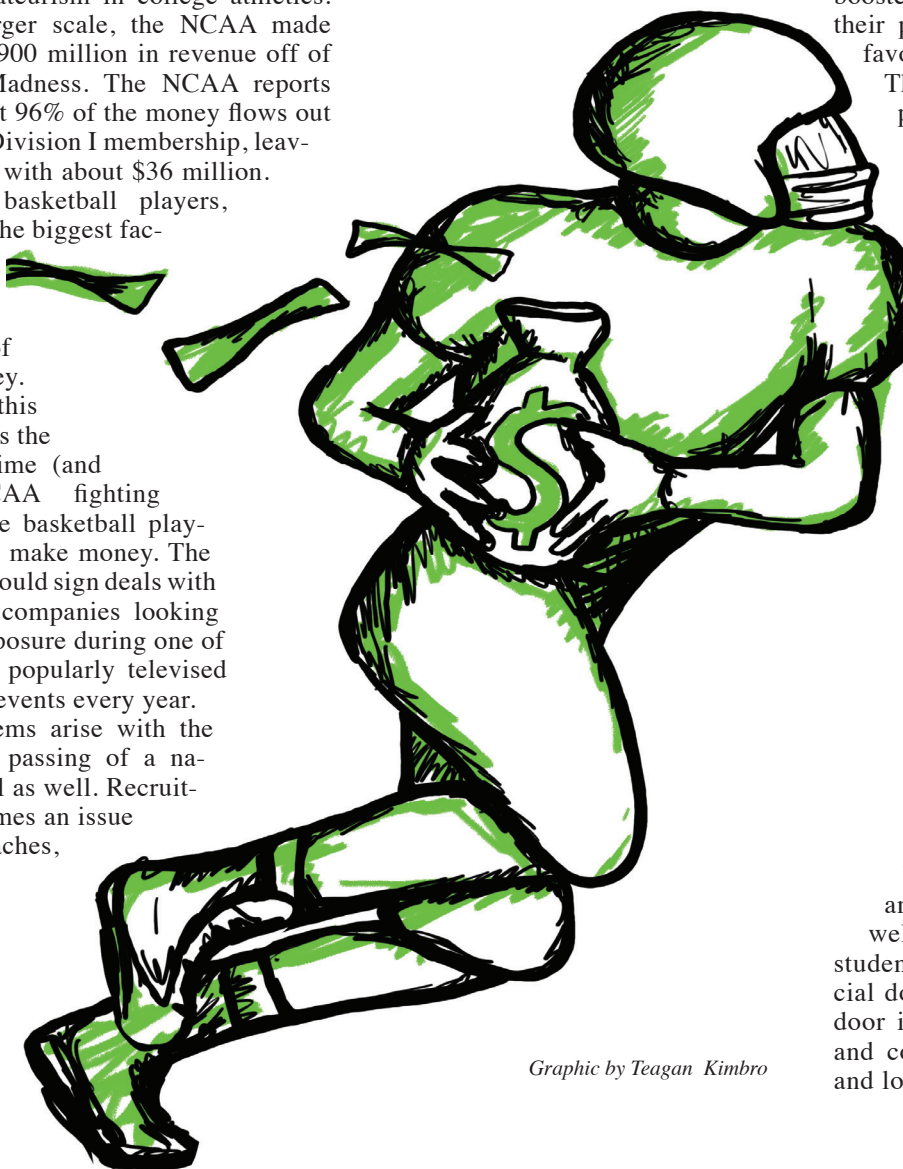
College basketball players, who are the biggest factor of the revenue, get none of the money. Now, if this bill stands the test of time (and the NCAA fighting back), the basketball players could make money. The athletes could sign deals with multiple companies looking to get exposure during one of the most popularly televised sporting events every year.

Problems arise with the potential passing of a national bill as well. Recruiting becomes an issue when coaches,

boosters and agents do everything in their power to sway players in their favor to attend a certain school. These individuals could persuade players to attend their schools based on how much local endorsement money opportunities there are for the player.

For example, a high school quarterback that is in the process of choosing what school to attend in Washington state could choose the University of Washington (UW) over CWU based on the fact that UW let him know of a potential commercial shoot that would net him over \$5,000. The player would feel more inclined to attend UW as opposed to CWU because, well, who wouldn't follow the money?

The California bill should act as a trial run before other states, or even the country as a whole, adopts similar policies. Let's find out what happens when players have the opportunity to make money based on their name, likeness and image first. Then, if all goes well, pass a bill nationally to allow students the option to open this financial door. But if the other side of the door is a room full of money, greed and corruption, let's close that door and lock it shut.



Graphic by Teagan Kimbro

Editor: Nick Jahnke

# Food and football: it's crunchtime

Austin Lane  
Senior Sports Reporter

In football, crunch time is usually an important part of the game where the players need to focus on getting the win. However, crunch time takes on a different meaning outside of the ball game. What you fuel your body with as a football player, or any athlete in general, makes a big difference in your output. Many CWU Football players get interviewed about practices, games, preparation, opponents ... you get the point. Something they don't often get to talk about is their diets and why they choose what they eat. Here's a look into the diets of four players that play four different positions.



## Christian Moore

**QB**

### Breakfast

Kodiak protein pancakes with peanut butter

### Lunch

Three to four hamburger patties, two to three hot dogs

### Dinner

Two chicken breasts, caesar salad

### Snack

One protein bar per day and fruits

### Pre-game meal

Spaghetti with red sauce, as much meat as possible either ground beef or big meatballs, red sauce, garlic bread, salad, and a La Croix.



"Guys are getting banged up, bruised ... recovery starts with what you eat. If you put in what you need to put in your body is gonna love you for it."

## Gavin Todd

**K**

### Breakfast

Breakfast burrito with sausage, eggs, cheese

### Lunch

Three eggs, a handful of sausage

### Dinner

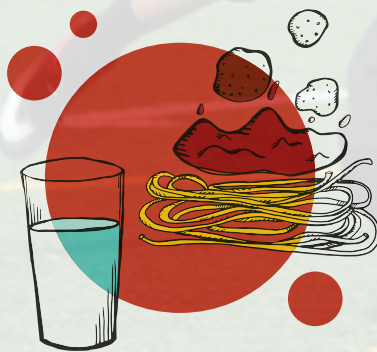
Chicken with rice and veggies

### Snack

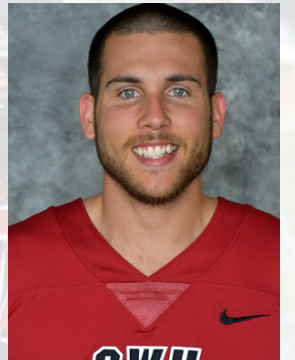
Protein bar and protein shake

### Pre-game meal

Spaghetti with meatballs, red sauce (alfredo works too), water



"I could probably eat a lot more before my game and get away with it, but I want my blood and everything not to be focused on my digestive system. I want just muscles."



## Tyson Rainwater

**WR**

### Breakfast

Eggs, bacon, sausage, either scrambled, separate or maybe even in a

### Lunch

Peanut butter and jelly sandwich, banana

### Dinner

Spaghetti, red sauce, sausage, salad, bread, water

### Snack

No snacks other than PB&J at halftime

### Pre-game meal

Same as breakfast with PB&J at half



"You just feel good when you're healthy. You're eating the right stuff and you look good, you feel good, you're happier, you sleep better. In my opinion, that's just what I like to do."

## Nicholas Streubel

**OL**

### Breakfast

Same as breakfast with PB&J at half

### Lunch

Sandwich, same as pregame meal

### Dinner

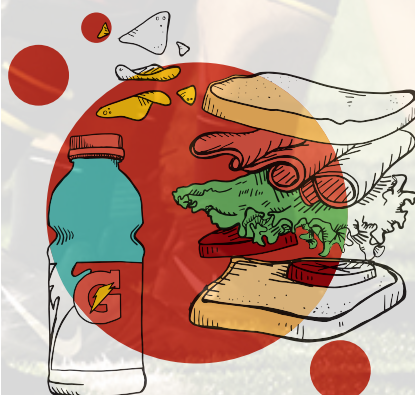
Chicken breast, veggies, rice

### Snack

Throughout the day, chips, fruit, cookies

### Pre-game meal

Turkey or ham and cheddar sandwich with thick bread, veggies, bag of Doritos on side, gatorade or powderade to drink



"We always like to think of [our bodies] like a car, if you put really bad fuel in it you're not going to perform how you're supposed to perform or how you can possibly perform."



Editor: Nick Jahnke

# Kata forms and kumite kicks

**Aeryn Kauffman**

Staff Reporter

Senpei and sensei are not just words in anime shows. They are distinguished titles given to karate black belts.

When he is not in the classroom, CWU Professor of Biology Ian Quitadamo runs his own dojo, Central Kyokushin Karate, here in Ellensburg. There, Dr. Quitadamo goes by Shihan, a title given to karate teachers with tenth-degree black belts.

The 15th Annual Kyokushin Open Karate Tournament was held Saturday, Oct. 19 at Ellensburg High School. Karate students ranging in age from 8 to 50 years old competed in kata (no combat) form karate and kumite (fighting) karate.

Winegar's Homemade Ice Cream & Coffee sponsored the event, making a flavor of ice cream, "True Vigor," specifically for the tournament. Full of brownie and chocolate chunks, the ice cream's creamy texture satisfied spectators while we took in the sights and sounds of the tournament.

"Osu," the Japanese word for "persevere" resounded off the walls of the gym after each competitor finished their fight. The first phase of the tournament, kata, involved competitors performing solo for a panel of three judges. Each competitor would exhibit their chosen kata form to an attentive audience, making sure to nail every movement as perfectly as possible. Reminiscent of tai chi, competitors who execute their kata forms attempt to start and end in the center of the circle.



Meghan Rochelle/The Observer

Competitors at Central Kyokushin Karate can choose to compete with or without protective padding. Most choose not to use pads as this resembles traditional kyokushin karate more closely.

Kata movements are fluid, symmetrical and precise. Judges then score the performance on a scale of 0.0 to 10.0.

The winner of the kata form is 12-year-old Robert Westre, ending with an impressive overall average of 8.3 points. He will move onto the second phase, kumite.

Kumite, combat karate, is next. Four chairs are placed in a square, all facing the center of the square. Four judges, each holding one white flag and one red flag, sit in the chairs, watching the fights for illegal moves.

The sharp blow of a whistle signals

an illegal move, such as kicks to the face or knees.

Competitors are grouped by gender, age and body type to attempt to create as fair of a fight as possible. Westre was not so lucky. He was up against fighters twice his height and size because it was hard for him to find similarly-sized competitors in his age range.

"Work, Robby, work!" Westre's father, Henry Westre roots.

Henry Westre sits with his wife, Heather Westre, on the bleachers, not missing a moment of their son's performance.

Robert Westre's five years of training

pays off in the first round. Robert Westre does not back down. He ends his second round on a loss, but he said his attitude stays positive. He and his parents decide to stay to finish watching the tournament so Robert can support his friends.

It seems that several of the Central Kyokushin Karate dojo value community just as strongly as Robert Westre. Skyler Smith, 19-year-old CWU senior, holds a yellow belt in karate. Smith revealed the concept of dojo-kun, which means tending to the spiritual, mental and physical. This, Smith said, is what makes karate different from other martial arts.

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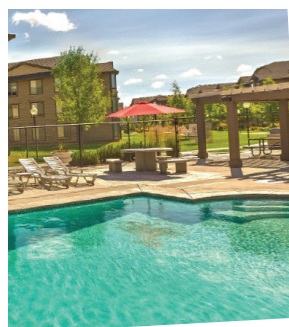
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Editor: Mariah Valles

**HYPE****WHAT'S HAPPENING****THURS. OCT. 24****Step Up Wildcats!**

5 p.m. • SURC 140 • Free  
Learn how to support and respond to struggling friends and crisis situations at this Bystander Intervention Workshop. Topics include mental health, alcohol and drugs, sexual assault and more.

**Financial Aid Workshop**

11 a.m. - 7:30 p.m. • Psychology 441  
Is your financial aid up to date? Stop by this workshop for dedicated time to work on the FAFSA with a counselor. Bring your 2018 financials. Relieve stress, don't wait. Secure your money for next year.

**FRI. OCT. 25****Adult Activity Center  
Casino Classic**

10 a.m. - 2 p.m. • Meet in SURC Pit  
Assist older adults with a fun day of casino type games where they can win prizes. Transportation and lunch provided. Sign up with the CLCE.

**Byron Schenkman and Friends**

7 p.m. • Recital Hall • \$12/Adults & GA, \$7/Students  
Join celebrated musician, director and educator Byron Schenkman as he leads an evening of musical delight.

**Campus Activities Presents:****Rocky Horror Picture Show**

10 p.m. • SURC Ballroom • Free  
Join the fun at this cult classic, featuring a live shadow cast, goodie bags, singalongs and more. Intended for mature audiences. Expect profanity, humor and a really good time. Doors open at 9 p.m.

**SAT. OCT. 26****Haunting at Central**

9 p.m. - 12 a.m. • SURC  
Free for CWU Students  
An annual Halloween event featuring blacklight bowling, blacklight golf, a giant light brite, Zombie Zone and more!

**MON. OCT. 28****Monday Movie Madness:****Child's Play**

7 & 9:30 p.m. • SURC Theatre • Free for Students, \$3/GA  
See what happens when an AI-driven smart doll goes bad in this horror flick.

**TUES. OCT. 29****Lion Rock Visiting Writers Series:  
Taneum Bambrick**

Craft Talk from 12 - 1 p.m.  
Reading at 6 p.m.  
Brooks Library, 2nd Floor  
Author Taneum Bambrick is visiting CWU. Meet the author, attend the craft talk, or stop by for a reading.

**WED. OCT. 30****Cybersecurity Workshop**

12 p.m. • SURC 137A • Free  
Learn about data breaches and identity theft.

**ASCWU Public Meeting**

1 p.m. • SURC Pit • Free  
Join your student government representatives as they discuss projects and issues relevant to YOU!

#CWUHYPE



# what kind of PUMPKIN BREAD

**ingredients**

3 1/2 cups all purpose flour	1 teaspoon baking powder
3 cups sugar	1 teaspoon ground nutmeg
1 cup vegetable oil	1 teaspoon ground allspice
4 large eggs, lightly beaten	1 teaspoon ground cinnamon
15 oz can pure pumpkin puree	1/2 teaspoon ground cloves
2 teaspoons fine salt	2/3 cup water
2 teaspoons baking soda	

**instructions**

1. Preheat oven to 350 degrees Fahrenheit. Butter and flour two 9 by 5 inch loaf pans
2. Whisk sugar and oil in large bowl. Whisk in eggs and pumpkin until combined.
3. Combine flour, salt, baking soda, nutmeg, allspice, cinnamon and cloves in a medium bowl and whisk until well combined. Add half the dry ingredients to the pumpkin mixture, stir. Add half the water to the mixture, stir. Repeat with the remaining ingredients.
4. Divide the batter into the pans and bake for about an hour or until loaves are golden brown. Cool loaves in pan for 10 minutes then remove from pans and let cool for an hour.
5. Refer to quiz

Recipe source: Food Network

**should you bake?**

1. What are you dressing up as for halloween?
 

A. Something cute and flirty	C. Something funny
B. I am not dressing up	D. Something scary
2. How are you celebrating halloween?
 

A. Going to a party	C. Throwing a party
B. Putting out a candy bowl	D. Giving out candy
3. What's your favorite holiday?
 

A. Valentine's Day	C. Halloween
B. Thanksgiving	D. Christmas
4. What's your biggest fear?
 

A. Spiders	C. Clowns
B. I fear nothing	D. Failing a class
5. What is your go-to scary movie?
 

A. Um, no thank you	C. "Scream"
B. "Psycho"	D. "Get Out"

**IF YOU GOT MOSTLY...****A's: Chocolate Chips**

Let's face it, you like to keep it simple and sweet. Add 2 cups of chocolate chips.

**C's: Coconut**

You're the life of the party. Let's get wild. Add 1 cup of flaked coconut.

**B's: Nothing**

You're cool in your comfort zone and that's okay.

**D's: Walnuts**

Walnuts are as classic as you are. Add in 1 cup of walnuts.



Teagan Kimbro

**Ask Column**

Dear Holiday Expert,

I'm not able to get into the holiday spirit this year. I usually bake something every year, but I'm just stuck this year. Any advice?

Sincerely,  
No Holiday Spirit

Dear No Spirit,

I'm sorry that you've hit this slump. Anyone that can't get into the holiday spirit must feel horrible.

I'm not much for baking, but I'm sure I can give you a few agreeable ideas.

You could always steal someone else's treats. That can be both a "trick" and a "treat." I mean, what else could get you more into the spirit of the season? I recommend you choose a weaker person than yourself, perhaps a person of about 23 months old or younger. Just snatch their candy, run away and claim the goodies as your own.

If stealing candy from a literal baby won't work, then maybe you should just try harder. How hard could it be to slap on some swaggy fall colors and yell "boo!" every five seconds? Not that hard when you think about it. Once you get your "boo" scream down, I'm sure the right recipe will come to you. It'll be your very own Halloween miracle. So, I guess my best bit of advice is fake it 'till you make it.

Sincerely,  
Holi-Expert