Faculty exhibit gives Ellensburg community perspective on art

Payton Parke
Staff Reporter

The biennial faculty art exhibit is underway. This faculty led art show displaying all of their pieces and work. It kicked off Jan.15 and is open daily to students and the community at the Sarah Spurgeon Gallery. Sculpture lecturer Joshua Humphrey talked about his art and what it means to have his work in the exhibit.

"Any opportunity to exhibit is a chance to share what we do with gallery viewers. It pushes artists to complete work, possibly try out new ideas, and offers a chance to interact with the public," Humphrey said. "Generally, artists seek opportunities to show their work, and it benefits both artist and the community." Humphrey said. Humphrey also described his niche in art. He has a very unique craft.

"As a luthier, I primarily build guitars and other stringed instruments for musicians. This exhibit gave me a chance to show a completed instrument, a Turkish style oud which is a guitar which has 11-strings and a bowl-shaped back," Humphrey said. "However, it also allowed me to show some work which is not music related, which is an exciting opportunity for me. I teach the wood design sequence in the department here."

The guitar is on display in the exhibit.

Continued on Page 3

Bar update: additions, replacements and remodels

Skylar Jensen- Hampton
Staff Reporter

Pearl Bar
Starlight Lounge closed last year, and the spot has been for vacant for some time. On Jan. 16, the Pearl opened up in the space where Starlight used to be.

The owner Blake Collins wants to provide a “dining experience.”

"I want to bring something new to this town," Collins said. Blake Collins was a former bartender and server at the Starlight before they permanently closed.

"I had heard that the community missed the Starlight and I thought I would come in and try and bring it back," Collins said. "Starlight used to be a starting point for a lot of college students. They would go to Starlight before they would head at to Blue Rock and 301, and I hope the Pearl will be that as well."

The Pearl has specials throughout the week. Shooters 2.0
A remodel of Shooters 2.0, a bar located on 5th Ave, took place early in the new year. Michael Morgan is the owner of the bar. "Every year we do a new look and change, a little spice to Shooters," Morgan said.

Shooters is a place where you can drink, play board games and video games. "The biggest change to the remodel is adding in the pool tables and tabletop gaming. I wanted to give Shooters a more active feel to it, and adding the pool tables can do that," Morgan said.

Over the course of the last few weeks, Morgan has received positive feedback from his customers. "Good response on Facebook, overall they are excited about the pool tables," Morgan said.

Shooters will be having a few more changes as in the next month they are bringing back their "serendipity kitchen" something they had years ago and are looking forward to bringing back. "Shooters is a place where everyone can come and bond and feel a sense of community," Morgan said.

Continued on Page 6

CWU Athletics: Winter athlete spotlight

Dez Rodriguez
Assistant Sports Editor

Jonnae Richardson Denver, Colorado. Women’s basketball

Down by one, season on the line, running up the court while coach yells the decisive play. The ball is passed through the air, you make a cut to the basket, but all of a sudden your knee buckles as you hear a loud pop. The gym goes completely silent as you’re falling to the ground. Athletic trainers surround you while your knee swells to three times its normal size. It’s a torn Anterior Cruciate Ligament (ACL) that ends your season. The long recovery process is an emotional one and it’s exactly what CWU junior forward Jonnae Richardson went through not once, not twice, but three times after tearing her ACL.

Richardson was introduced to basketball when she began playing for her uncle’s AAU basketball team in Denver, Colorado. It was an all male team that provided lessons not normally taught that early on an all-female team.

"I learned my physicality aspect really young," Richardson said. "Guys are always so aggressive and very competitive all around. It definitely taught me a lot."

When high school came around, Richardson found success playing volleyball and basketball. At the end of her freshman year, she tore her ACL playing in a summer league.

Continued on Page 8
Gov. shutdown could affect students

Nick Jahnke
Senior Reporter

The partial-government shutdown has been in effect for over a month. Trump made an offer to house dem- ocrats on Saturday which included three years of temporary protection for about 700,000 young undocu- mented people. In a press release, CWU now places in the distance a college’s enrolled pop- ulation shows a growing gender gap, that is unac- ceptable and in total, do not represent a good faith effort to restore certainty to people’s lives” in her official state- ment. Pelosi went on to say that dem- ocrats will be passing a six-bill pack- age next week agreed to by the house and senate to reopen the government. According to Forbes Magazine, if the partial shutdown is prolonged into tax season, it may affect CWU stu- dents who are attempting to apply for or re-certifying for income-driven stu- dent loans. The U.S. Department of the Treasury is one the departments direct- ly affected by the shutdown, and as a result, the majority of the Internal Rev- enue Service’s workforce has been fur- loughed. This may cause a delay in the processing and distribution of federal tax returns, the transcripts of which are required for financial aid applications. For students who have already filed for or are currently receiving federal student loans, their service should be unaffected. According to Forbes, the federal loan system relies on private contractors to handle the day-to-day operations like billing, correspon- dence, and application processing. The shutdown may affect CWU’s fac- ulty and undergraduate research pro- grams as well. According to an article from Education Votes, public univer- sity research programs are reliant on data and grant funding from federal agencies that are currently affected by the shutdown like NASA, NOAA and the National Science Foundation.

Gender diversity at CWU is top 10 percent in nation

Nick Tucker
Staff Reporter

CWU has been recognized by Col- lege Factual, one of the largest college information and ranking companies in the US, for its populations gender diversity, according to CWU Public Affairs Coordinator Dawn Alford in a press release. CWU now places in the top 10 percent of colleges in the nation in terms of gender equality, defined as the distance a college’s enrolled pop- ulation is from 50/50 male-to-female representation. Out of the 2,486 col- leges surveyed, CWU ranked 13rd in College Factual’s ranking system. Kandee Cleary, vice presi- dent of inclusivity and diversi- ty at CWU responded to College Factual’s recognition of CWU. “We contribute our success to a wide variety of ethnic, race, and gender experiences we provide our stu- dents as well as a rich academic ex- perience to prepare them to work in a global society,” Cleary said. The national trend, according to the Nation- al Center for Education Sta- tistics (NCES), shows a grow- ing gender gap between male and female en- rollment num- bers in favor of females. The national aver- age shows women constituting 56 percent of students, which is an almost flipped ratio when males made up 58 percent of students and females 42 percent. CWU isn’t seeing such an extreme gender gap, with 51 females to 49 males, or about 2 percent more women than men on the Ellensburg cam- pus according to College Factual. “We’re com- ing up. It’s always been more guys than girls,” 18-year-old law and justice ma- jor Veronica Martinez said. Undeclared 18-year-old stu- dents were 42 percent. CWU overall may see near- ly equal gender representation, that isn’t always true when you look at the classrooms of different departments. Mike Villarreal, a 21-year-old ROTC student says that even though he is glad to see diversity on campus, ROTC remains somewhat of a boy’s club. “I would say that we have about nine males to each female,” he said. “I feel like [among the cadets] women are held to higher expectations than men are.”

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Gov. Inslee pardons marijuana convictions

According to Governor Jay Inslee’s web page, thousands of Washington residents with misdemeanor marijuana possession charges face an offer by Inslee via the Marijuana Justice Initiative. The initiative, announced on Jan. 4 at the Washington State Cannabis Summit, could mean relief for those who meet the eligibility requirements.

There are requirements to be eligible for Inslee’s initiative. According to University Police Sergeant Jeffrey D. St. John, the offer only applies to those who were charged as adults under Washington State law between Jan. 1, 1998 (the date medical marijuana effectively became legal in Washington) and Dec. 5, 2012 (the date recreational marijuana became legal in Washington). In addition, those applying must have no more than one criminal conviction on their record. Those with two misdemeanor marijuana charges or a second criminal charge of any kind would not be eligible.

“A simple possession conviction from 20 years ago should not be a life sentence,” Inslee said during his announcement.

According to Inslee’s Marijuana Justice Initiative web page, the initiative is applicable to about 3,500 Washington residents and is intended to “recognize the evolution of the states beliefs about marijuana” by forgiving those who are still being punished for acts that are no longer considered illegal. Inslee’s site also refers to the initiative as “a small step, but one that moves us in the direction of correcting injustices that disproportionately affected communities of color.”

During Inslee’s announcement of the initiative, he said that when one applies online and is deemed eligible, he will then exercise his constitutional clemency authority to issue a pardon. Once that process is complete, the governor’s office will request that Washington State Patrol remove the conviction from the public record. This means that no one, whether it be a job recruiter or a licensed money lender, will be able to see the conviction on a background check.

There is an exception to this, which is encounters with law enforcement. Inslee said that if an officer asked someone about past convictions, they are still obligated to inform the officer of the marijuana charge, but he reminded the audience to also tell the officer that the charge had been nullified.

Cannabis Central Manager Margaux Massey said she thinks that the initiative is a step in the right direction for marijuana culture. She agrees with the sentiment that people should not be punished for something that is no longer considered a crime.

“We’ve legalized it now, it’s kind of unfair to have people sitting in jail for just that, when there are people now legally selling it and making money off it,” Massey said. Massey said that she hopes actions such as this will help change people’s attitude towards cannabis, but doesn’t feel like this will be enough. She believes the eligibility requirements seem too restricting, and that the governor’s office could have gone farther to help more people with marijuana charges by extending the offer to those with multiple offenses.

Inslee also reminded those with multiple misdemeanor marijuana charges that they may still be eligible to have them wiped from the record through the standard pardon process, although that route usually requires legal assistance and court appearances.
Nick Zentner, a senior lecturer at CWU in geology, has the opportunity to tell geological stories by hosting a show called “Nick on the Rocks.” The series is a five minute program shown sporadically throughout the week, on Public Broadcasting Service (PBS) in-between its main programs.

CWU is hosting a season three premiere of “Nick on the Rocks” on Jan. 24 at 7 p.m. in the SURC Theater. The event is free to attend, and all six episodes will be shown.

Chris Smart works at CWU in video production. According to Zentner, they began working together in 2005, when CWU had an interview show called “Central Rocks.”

When the show first started in 2017, Zentner asked himself who the show was made for and why. “I’ve realized this NOR series is trying to reach an audience that wouldn’t otherwise be interested in geology,” Zentner said.

In order to get the non-traditional geology viewer to watch, Zentner and Smart needed to make visuals a top priority. “We live in a beautiful part of the country, [and] geology is one of the main reasons it’s beautiful,” Zentner said.

In order to showcase the Pacific Northwest’s beauty, “Nick on the Rocks” needed a third member on the team to help capture the visuals. “The drone video is the hallmark of the series,” Zentner said.

According to smart, the drone is a “DJI Phantom Four.” It allows the show to get different types of footage such as “overview” shots.

Smart says viewers will see Zentner knee deep and covered in mud in a tidal marsh. According to Wikipedia, “a tidal marsh (also known as a “tidal wetland”) is a marsh found along rivers, coasts and estuaries which floods and drains by the tidal movement of the adjacent estuary, sea or ocean.”

Smart attributes the show’s originality as a reason for the shows success, along with geology fans waiting for a program like “Nick on the Rocks.”

“We have a highly original concept. In some ways, we didn’t have to take the time to develop the audience because the audience was already there. Waiting for us,” Smart said. “Nick’s fans have an appetite for geology. They are [the] reason for the program’s success. Without their support NOR would not be possible.”

“Nick on the Rocks” success has allowed the show to expand into new TV markets this season according to Chief of Staff Office of the President, and “Nick on the Rocks” executive producer, Linda Schactler.

“This year we are expanding to Oregon Public Broadcasting, KSFS for the Inland Empire, and Idaho Public Broadcasting,” Schactler said.

According to Schactler, no other universities in the Pacific Northwest have content on PBS, which highlights the quality of CWU’s academic programs, particularly in geology. She also said that without the partnership with PBS, the show would only be streamed on CWU’s website.

Last year, “Nick on the Rocks” had a partnership with PBS affiliate KCTS which broadcasts from Vancouver BC, throughout western Washington into the lower Yakima valley according to Zentner.

“Nick On The Rocks” is a show about geology on KCTS 9. It is hosted by CWU professor, and nationally recognized geologist Nick Zentner.
Stand up comedian K-von brings talent to Central

Staff Reporter

Four students took a trip to Ontario, California to be involved in the National Association of Campus Activities (NACCA) conference in late November of last year. When searching for unique talent to bring to CWU's attention, K-von was chosen because he was really excited to be their first time hearing the act, so I'm not gonna show them. It's going to be their first time hearing the act, so I'm excited for this opportunity.

“They’ve only done it twice, so it’s not something that I’ve ever done before, but I’m never serious about anything, I joke all the time…it was just something I wanted to try and I’m excited to do this,” Williams said. “My mom is coming, I’m excited about that. My friends haven’t seen it yet, but I’m gonna show them. It’s going to be their first time hearing the act, so I’m excited.”

This event is the first that senior Ronnie Hindman has been in charge of. He is the sole leader of the show. Hindman reached out to Libby Williams, a freshman majoring in Film, is new to the stand-up comedy world. She is forming two comedy bits, she is nervous, but excited for this opportunity.

Two comedic student performers, Libby Williams and Andrew Williams, are opening for K-von at the show. These students will each have a ten-minute comedy bit before K-von takes the stage. Libby Williams, a freshman majoring in Film, is new to the stand-up comedy world. She has participated in open mic at CWU where she grabbed the attention of the Special Events Coordinator Ronnie Hindman. Hindman reached out to Libby Williams asking if she would like the chance to open for K-von. Only officially performing two comedy bits, she is nervous but excited for this opportunity.

“I really enjoyed his show. We got to select which comedian we thought would be the best fit for Central, and a majority of us chose K-von because he was really funny and he adjusts his show depending on the audience,” Clavette said. “I think it’s gonna be really funny and perfect timing, as we are four weeks into the quarter. I think people just need a break from homework.”

Kaytlin Balyeat also attended NACCA conference in late November of last year to look for potential candidates. Though many people showcased their talents, the delegation came to the consensus that K-von was a perfect fit. Katelyn Clavette, a senior majoring in event management, was one of the students who attended the conference.

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K-von (Kevin Moezzi) will be performing at CWU on Jan. 24. Sign-ups are at 7:30 p.m., and the show starts at 8 p.m. at the 1891 Bistro on campus.

K-von Comedy Show

What: K-von
What: A comedy show for CWU students
When: January 26
Where: SUBC Theatre
Cost: Free
Twitter: @Kvoncomedy
Instagram: kvoncomedy

Editor: Cassandra Hays

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Editor: Cassandra Hays
The Mule Cocktail Bar

The Mule Cocktail Bar is brand new to Ellensburg. It is co-owned by Sarah Beau-champ and Russell Colmore, and located on 4th Ave. Their grand opening was on Jan. 4 and they had a “line around the cor-ner of people waiting.”

“Even though we were swamped people were very patient and just wanted to be here,” Colmore said.

The feedback they have received from customers has been positive.

“People feel relaxed, don’t have a rush to leave, drinks are good, and so is the food,” Colmore said.

The Mule has food, but they are not a restaurant, they are a cocktail bar. There is open seating and they do not take reservations.

“We have received a warm welcome from the Ellensburg community and we couldn’t be happier,” Beau-champ said.

The Mule is known for their Mule bev-erages, but they also offer specialty cock-tails. The most popular specialty cocktails are the “Muletini” and “4th Ave Sour,” ac-cording to Beau-champ. The Mule offers burgers, shepherd’s pie, and skillet options.

Ellensburg Brewery and Tilted Tree Cidery

Ellensburg Brewery and Tilted Tree Ci-dery opened up three months ago and is owned by Jim Rowe. The brewery offers German inspired food and a variety of beer and ciders.

“The Ellensburg Brewery is celebrat-ing the history of brewing beer in Kittitas county,” Rowe said. “We are getting ready to start brewing beer in about three weeks.”

The Tilted Tree Cidery carries all gluten free beer and has a variety of cider in-cluding American Apple, Blueberry Buzz, and the seasonal cider Rudolph’s Redemp-tion. According to Rowe, the Ellensburg Brewery is one of the very few breweries in the United States that provide cider, beer, and a full cocktail selection along with food.

“We want to make drinks that include our ciders and beers in the making of the cocktail, but at the same time we want to be able to make you a really good whiskey on the rocks,” Rowe said.

The brewery is popular among many different groups of people.

“We get a good mix of college students, locals, and travelers,” Rowe said. “We want to bring the community together.”

Ellensburg Brewery and Tilted Tree Cidery are located at 206 N Main St.
Underground Concert Series showcases student talent

Scott Wilson
Staff Reporter

CWU’s campus activity crew kicked off a brand new underground concert series this winter that features student performers who want to show off their musical talent.

Special Events Coordinator Libby Akin explained that in winter quarter there are not as many activities for students to partake in, so her goal was to think of a creative way to get people out and about at night time.

The crowd of 70 or so students who came to the first concert on Jan. 15 sat at tables in the coffee-shop-like, relaxing environment that was created.

“It was easy going and had a very cool low-key vibe everywhere you were,” said a student who preferred to remain anonymous.

Libby Akin, Special Events Coordinator

According to the performer that night, Gavin Maher, campus activities did a great job aesthetically by setting up Christmas lights, rolling out rugs, and providing powerful speakers. Maher complemented the event staff by saying that they gave it a good underground vibe, and that it’s not something you would usually see on a college campus.

The solo artist, who plays pop and hip-hop with alternative punk vibes, was the only performer in McConnell hall that night and gained some new fans with his original music. Maher said he has a 32-song catalog of original songs that he produced, wrote and sang. His beats are made from scratch with various instruments and his music doesn’t focus on any certain genre.

“I'd rather not be labeled as a singer or rapper, I want to be labeled as an artist who has the versatility to stand out,” Maher said.

The crowd was engaged with Maher, but he said that since he isn’t a big time artist yet it’s harder for the crowd to really get into it. He described them to be staring like zombies at times but realizing that when he sings, those songs can have that effect on people.

“I can tap into other people’s minds in terms of their depression and anxiety, and filtering that in a special way that I can almost suppress it by allowing them to see the bigger picture and that it’s not just them dealing with that,” Maher said.

Maher included that the crowd was especially engaged because he could relate his music to them, and he described that to be more intimidating when you know the crowd is listening to every word you say than it is actually being up on stage.

“Everything is gone and I’m in this weird zone of confidence where I almost don’t feel like myself. Seeing me grow into the person I am makes me happy,” Maher said.

Special events coordinator Ronnie Hindman pointed out that if students want to see a music show they usually have to drive two hours to Seattle, so the goal is to provide an environment for students to enjoy music on campus. Hindman stressed that the atmosphere is great and provides a positive space for students to relax and have a fun time.

The next two performers for the underground concert series include a duo named Light & Mend which plays acoustic covers, then a singer named Afton Prater along with a small band which plays country music. The next concert will be on Jan. 28 featuring Light & Mend and the last one on Feb. 12 featuring Afton Prater.

Light & Mend

Who: Musical duo Light & Mend
What: Performance during Underground Concert Series
When: Jan. 28 at 8:30 p.m.
Where: SURC Pit
Cost: Free

Upcoming Condom Fashion Show teaches students about safe sex

Cassandra Hays
Scene Editor

Have you ever wondered what a dress would look like if it were made completely out of condoms? Look no further than CWU’s annual Condom Fashion Show, which will take place on Tuesday, Feb. 12. Designers will be given 600 condoms each to create unique runway pieces which will be modeled on a runway for hundreds of CWU students.

Jasmine Washington, a peer health educator at the Wellness Center, will be hosting the fashion show for the second year in a row. According to Washington, the main goal of the event is to encourage students to take responsibility over their sexual health and to know their options when it comes to contraceptives and getting tested.

“There’s this stigma behind getting yourself tested that we want to break out of to make people more comfortable in getting tested frequently,” Washington said.

She adds that sexual health education is important because one in two people will get an STD before the age of 25, and some people are not aware of all of their options.

According to Doug Fulp, Assistant Director of Wellness, 72 percent of students that attend CWU are sexually active but may not have received the best sexual education, which is where the fashion show comes in.

“At surface level it looks like it’s just an awareness event,” Fulp said. “But what we’ve found through a lot of our different programming is that a lot of people don’t have comprehensive sexual health education, so we try to fill in the gaps in a really fun way.”

Fulp says the Wellness Center takes a public health approach when it comes to education. Everything they teach is completely research based with statistics from the Center for Disease Control and Prevention (CDC) among other reputable sources.

“We need to make sure we are getting people accurate information so they can make educated and informed decisions,” Fulp said.

Fulp emphasized that the Wellness Center is judgement free when it comes to topics of sexual health and responsibility, and they aim to erase the stigma behind these topics and start a conversation about healthy sexual habits with this event.

Designers, models, and students alike look forward to the condom fashion show every year. Fulp brought the event to CWU from Montana State University, where he was a health educator. He said that he enjoys seeing how the event evolves and improves each year.

He added that he loves to see the ballroom filled with students who are excited about sexual education.

Hannah Oliver and Karina Solorio make up one of the design teams participating in the show this year. This is their first year designing for the condom fashion show and they are excited to start the designing process as well as seeing what other designers can come up with. Oliver said they decided to participate in the event because of its emphasis on health education.

“We think sexual health is really important and [it’s important] to promote that, in particular on a college campus,” Oliver said.

According to Washington, this year’s fashion show will have a theme centered around “throwbacks.” The idea behind the theme is to encourage people of all age groups to take responsibility for their sexual health.

“This year’s fashion show will also feature new categories for faculty and staff, clubs and organizations, and residence halls. So far, there are seven designers that will be participating in the event. The Wellness Center encourages students to sign up for the fashion show before Feb. 1.

Every generation should have the tools to live a healthier and safer life.
-Jasmine Washington, Peer Health Educator

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The injury forced her to sit out the entirety of her sophomore season. As junior year came around, Richardson helped her team earn a playoff berth. Unfortunately, she tore her ACL for a second time right before the playoffs started.

“The second time was more of a downer for me because it was my recruitment year,” Richardson said. “I did a work out over the summer with them and he eventually offered me a scholarship.”

Harada used to help coach Billups at the University of Colorado Boulder before he was selected third overall in the 1997 NBA draft. Billups put Richardson through workouts that included driving, finishing and post work.

“He’s a guard but he knows a lot of post moves. He’s actually a really good post,” Richardson said. “One of the workouts that stuck with me was his star shooting drill. I had to make five out of six shots to end the drill and it got tiring at times.”

The success story still had its struggles, as the injury bug followed Richardson to CWU. She tore her ACL her sophomore season, forcing her into a medical red-shirt her junior season. For the third time in six years, her strength was tested once again.

“The love for this game, I wasn’t ready to give up,” Richardson said.

“I’ve been playing basketball since I was five and still to this point don’t know what life is without basketball.”

-Jonnae Richardson, Women’s basketball

If I have the opportunity to do so, I’m going to keep going until I absolutely cannot anymore.”

“"My uncle actually knew Jeff (Harada) the old coach, and he had let him know about me,” Richardson said. “Jeff looked at film and let me come out for a visit. I did a work out over the summer with them and he eventually offered me a scholarship.”

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Harada used to help coach Billups at the University of Colorado Boulder before he was selected third overall in the 1997 NBA draft. Billups put Richardson through workouts that included driving, finishing and post work.

“He’s a guard but he knows a lot of post moves. He’s actually a really good post,” Richardson said. “One of the workouts that stuck with me was his star shooting drill. I had to make five out of six shots to end the drill and it got tiring at times.”

The success story still had its struggles, as the injury bug followed Richardson to CWU. She tore her ACL her sophomore season, forcing her into a medical red-shirt her junior season. For the third time in six years, her strength was tested once again.

“The love for this game, I wasn’t ready to give up,” Richardson said.
Lewis Pope South Whidbey, Wa.
Men's basketball

CWU freshman guard Lewis Pope grew up on Whidbey Island in the Puget Sound. A four year varsity starter at South Whidbey High School, Pope has lived and breathed basketball since he can remember, even after the unexpected death of his father, Henry Pope, when he was just 12-years old.

“My whole family has always been basketball driven,” Pope said. “I remember when I was little, I had those little tiny hoops and I would always just dunk on that.”

Henry Pope played at the University of Washington before returning to coach the town’s high school basketball teams in South Whidbey. His older sisters, Taylor and Sam, helped contribute to Lewis’s success with support on and off the court, giving him rides to the gym when he wasn’t old enough to drive.

Playing basketball, baseball and football all the way up until his freshman year, Lewis decided to only play basketball moving forward. It was an easy decision considering how much he loved the game.

“I’ve always been better at basketball,” Pope said. “Coach (Mike) Washington gave me a lot of confidence when I was a freshman. He believed in me more than I did in myself.”

Once sophomore season came around, Pope got taller, bigger and more comfortable with the team. He took the newly found confidence to their high school basketball camp hosted at CWU. Recruitment coaches kept in contact with him and eventually offered him a scholarship after he came back for his senior year of camp.

Currently one of eight underclassmen on CWU’s young team, Lewis loves the unselfish play of his teammates.

“This is the best chemistry I’ve had with a team for a while”
-Lewis Pope, Men’s Basketball

"Players are more excited to see someone else hit a three than when they hit a three. It’s been a really cool process,” said Pope.

Alex Mackenzie Seattle, Wa.
Men’s rugby

Focused on only playing football through high school, CWU eight man Alex Mackenzie’s career looked to be coming to a close after his senior season ended. While weighing his options, one of his football friends introduced him to rugby. After making it to one of the practices after school, he fell in love with the new sport immediately.

“I’ve always loved contact sports. Rugby caught my eye because it’s the ultimate team sport”
-Alex Mackenzie, Men’s Rugby

Mackenzie said. “I liked how it was a lot more fast-paced than football was. You get to play offense, defense, kick off, everything.”

Mackenzie tried out for and made the Seattle Vikings rugby club team. He credits the similarity of football and rugby for him being able to pick up the rules so quickly. There, he helped the team reach the state finals while also being selected for the all-state team. The roster of players were selected from around the state to compete in a regional tournament in Oregon where they finished second.

From being first introduced to a new sport to being selected for the all-state team only months later, it all happened very quickly for Mackenzie.

The fast success earned the recruitment of CWU. His all-state coach reached out to previous CWU head coach Tony Pacheco to set up a recruitment trip. However, later that year, Pacheco resigned and Todd Thomas took over.

“I hadn’t talked to Todd, so it was kind of hard,” Mackenzie said. “I had to reach out to Todd, he had to talk to my previous coach and go through the whole process again. Eventually I got recruited and it kicked off from there.”

Now in his junior season, Mackenzie was voted as team captain by his teammates. As the team’s eighth man, he is tasked with scrums and lineouts but also has the option to play with the backs. It’s one of the most important positions on the field that requires both speed and power.

“It means a lot getting the players vote because it shows that my boys trust me,” Mackenzie said. “They like how I play and how I lead, so I’m going to do everything in my power to do that.”
Shaw continues to shine for the Wildcats

By Bryce Weedman

If you don't know who Taylor Shaw is, then get to know the name. Shaw is the shooting guard for CWU's women's basketball team and she is having a standout year for the Lady Wildcats. Shaw, a 5-foot-8 threat from outside the 3-point line, is having her best year yet, and the Wildcats are off to a great start too. The Wildcats are 11-4 overall and 6-2 in their conference and in third place in the GNAC this year, in part because of Shaw's performance. Shaw put up 28 points against St. Mary's in back in November, 21 of those points coming from the three ball. Shaw has averaged 31.4 minutes per game, 40 percent from the field, 34 percent from 3-point range and she is hitting 83 percent of her free throws.

"Our goal is to get back to Regionals, either by winning our conference or winning the GNAC tournament, because it's been awhile," Shaw said.

Growing up in Oregon City, Oregon, Shaw played high school ball at Oregon City High School. Oregon City high is known for its dominance in women's basketball, winning 13 district championships and three state championships, adding in a handful of runner up finishes along the way. Brad Smith, the most winningest head coach for women's basketball at Oregon City, was inducted into the Hall of Fame. Shaw was a part of the 2014 Championship and helped lead the Pioneers to the promised land. She was an all-state team honorable mention her sophomore year, a second team all-state player her junior year and was a first team all-state player her senior year.

A standout performance in High School got her noticed by a handful of GNAC colleges, including Western Oregon University, Humboldt State University and finally CWU. Shaw went on trips to visit every school that was offering her a scholarship, CWU being the last school she visited. Shaw was set on committing to play for Humboldt State University, but head coach Randi Richardson-Thorley, then assistant coach, saw potential in Shaw's shooting ability that maybe other coaches didn't.

"Randi was a huge part of getting me to come here, and I loved all the girls on the team," Shaw said. "I don't know what it was, but I just knew the second I visited Central that this was the school for me."

Shaw believes that Richardson-Thorley has played a big role in her success at CWU, and it's largely in part of Richardson-Thorley's age.

"She can relate to us better because she is a younger coach, so she understands us better," Shaw said.

Shaw grew up an older sister and said that her parents are the two people that she stands us better, "Shaw said. "It's been awhile, " Shaw said.

Shaw enjoys the girls on her team. Her go to girl and best friend is guard Sadie Mensing, and she actually lives with a lot of her fellow teammates. You can catch her in her room with her best friend every day. Shaw said, "People call me Shaw, I wonder sometimes if people know my first name," Shaw said.

Currently a junior, majoring in Event Management, Shaw loves planning events for sports. If she could plan events for any sport, it would be football because she's a huge fan of football. Shaw doesn't really know what's next for her at the moment, but she's considering grad school at the University of Washington.

"I like to get good grades and I take my grades really seriously," Shaw said.

Whatever is next for Shaw, she believes she'll do well at it because you get out what you put in. You can see Shaw on the court for the Wildcats next at Tomlinson stadium on Jan. 31 vs. Concordia University.
Men’s basketball buckles down for homestand

By Dez Rodriguez
Assistant Sports Editor

The CWU men’s basketball team currently sits with a 9-7 record, good enough for eighth place in the GNAC standings. But with 12 games still left to play within the conference, a rise is within reach. If they want to make a push, it all starts with their three game homestand coming up against Western Oregon University on Jan. 24, Central Washington University on Jan. 26 and Northwest Nazarene University on Jan 29.

“We want to win not only for ourselves, but for our fans. We want to put on a show for them.”

Gamaun Boykin, guard

There is room to hope for CWU to make such a charge. First off, five of the seven losses this season have come within single digits. Head coach Brandom Rinta has led the young team to the number one ranked offense in the GNAC with 86.7 points per game. “If I think they’re playing really well together as a team, we’ve found a good rhythm offensively,” Rinta said. “We’re continuing to fight to improve on the other end of the floor defensively and rebounding wise.”

Junior guard Gamaun Boykin and freshman forward Matt Poquette believe the success is due to their teammates unselfishness and ability to be coachable. However, the team is giving up 80.7 points per game, the highest in the conference. If the team wants to play in the GNAC Men’s Basketball Championships, flipping the script on that statistic is going to be necessary.

“We have to have better communication on defense, that’s why we have most of our defensive lapses,” Boykin said. “It’s something that’s easily fixable.”

Of the seven total losses, six have come away from Nicholson Pavilion. The team boasts an impressive 6-1 record at home. With the help of the wildcat fans, continuing to defend their homecourt will be crucial down the stretch.

“We’re blessed with a tremendous home court advantage with the support that we get,” Rinta said. “Our guys really enjoy playing at home in front of that environment.”

The race to make the GNAC tournament is heating up. Fans are encouraged to go and support the Wildcats for their critical homestand against conference foes.

“We want to win not only for ourselves, but for our fans,” Boykin said. “We want to put on a show for them.”

Snowshoe adventures await for students

By Tianbai Dun
Staff Reporter

CWU’s Outdoor Pursuits and Rentals (OPR) will hold a new snowshoe activity on Jan. 27. Students and anybody interested can climb to the top of Hex Mountain via the South Ridge with astounding views of Cle Elum lake and neighboring peaks.

Weber Ridge with astounding views of the top of Hex Mountain via the South Ridge with astounding views of Cle Elum lake and neighboring peaks.

OPR staff member Tonya Morrey said that the Hex mountain snowshoe activity is organized by all the staff, each staff member incorporating their own ideas into the trip. The trip is a great way for students to try something new and, as far as snowshoeing goes, the activity is a great opportunity for students to challenge themselves in the snow.

For those looking to pursue the Hex mountain snowshoe trip, Morrey expressed that there is a mandatory pre-trip meeting at 7 p.m. on Jan. 24. The pre-trip meeting will cover basic information about the trip, proper clothing to wear, food and water logistics. The meeting will be a great opportunity for students to have any/all of their questions answered.

“Don’t worry about it because the level of difficulty is beginner to intermediate,” Morrey said. “It’s a cool opportunity to go off and campus and get outside.”

Morrey added that the trip costs $32 for CWU students and $39 for non-students. For the time being, the trip is set to depart at 9am from the OPR office and set to return to campus around 6pm. Due to traffic, it should be noted that trip times may vary.

If students want to get more information about OPR adventure trips, they can go to the OPR office, which is connected to the SURC and located to the left of the east patio off of 11th street.
Rugby hits the pitch hard in preparation for WSU

By Micah Chen
Staff Reporter

This Friday, the CWU men’s rugby team will be hosting a matchup with Washington State University (WSU).

Rugby center Jack Wendling explained why he isn’t intimidated by their division I opponent. “It’s these smaller schools that have the big programs,” Wendling said. “St. Mary’s, Cal, Lindenwood, smaller schools like here.”

A definitive difference between WSU’s team and CWU’s team is that at WSU it’s a club team, while at CWU it’s a varsity sport. This allows for greater funds to be injected into the CWU Rugby team.

Right now, CWU is ranked 13 in the country. A big reason being that 52 percent of the roster is from out of state. This includes eight international players from places like Zimbabwe, New Zealand, Ireland and England.

Head coach Todd Thornley has been in charge of CWU’s Rugby team since 2016. Thornley expressed his thoughts on their upcoming matchup with the Cougars. “They’ve got a good coach down there,” Thornley said. “They make the best of what they’ve got.”

The team started with a road trip to California this season, then had to cancel a matchup against UW and most recently beat California Polytechnic State University.

Team Captain Cole Zarcone is a player to look out for on the pitch. The Vancouver native has been a multi-year starter and believes that the team can compete for a national title this year.

When asked how he contributes to the team, Zarcone was quick to deflect the attention onto his teammates. “I think that Noah Christie is doing really well,” Zarcone said. “He’s a forward that’s really stepped up for us, especially with injuries.”

This matchup against WSU will be the first regular season rugby game played in the new Tomlinson Stadium. While there is a fall season for the men’s rugby team, they are treated more as exhibition matchups and don’t have any play-off implications come the regular season. This means that this Friday’s match-up against WSU will count towards CWU’s regular season record.

“We’re just trying to be relentless,” Wendling said. “No matter what, we just want to smack them in the mouth.”
SPORTS

January 24, 2019

OPINION: Seahawks will need to make some changes

By Ben Wheeler
Online & Social Media Editor

Seahawks’ offseason looms large

The Seattle Seahawks were able to flip the script on a season that looked lost early on and qualify for 2018-2019 NFL playoffs. Despite a wildcard round loss to the Dallas Cowboys, optimism concerning the team is substantially higher than it was after the first couple weeks of the regular season. What is the Seahawks squad going to do next? The answer to that probably won’t be available until this September, but we can get a rough idea by looking at the roster to see who will definitely be with the team heading into the next season, and who may be putting on a new helmet and jersey when next season begins. All of the following information is courtesy of www.spotrac.com.

Offensive Backfield

Overall, the situation here is good in the short term, but some players and positions will raise some questions moving forward. Russell Wilson is under contract for another season, but he will be an unrestricted free agent in the 2019-2020 offseason, as it stands now. The Seahawks of course will be working on getting Wilson a new deal before he hits the open market, but quarterback contracts are getting exceedingly expensive and historically some player-team relationships in the NFL have been permanently damaged by the free agent policy. Plus, the Seahawks are still looking for a trusty back-up for Wilson, a luxury that has been absent for years since the departure of Tarvaris Jackson. Their newest signee is Paxton Lynch, the former Denver and Memphis (college) quarterback who was cast aside in favor of Case Keenum this year.

Chris Carson and Rashaad Penny are contracted to continue to pound the rock for Seattle through 2020-21 and 2021-22 respectively, but the hard charging Mike Davis is an unrestricted free agent. J.D. McKissic, who was seldom used this season as he is recovering from an injury, is a restricted free agent. The almost-forgotten C.J. Prosise is under contract for another year, but there are fans that want the team to move on from the often-injured ball carrier. The team’s only fullback, Tre Madden, is a restricted free agent, so the Seahawks don’t have a guaranteed lead blocker for next season out of the backfield.

Pass Catchers and O-Line

For pass catchers, the situation for Seattle is very good. For tight ends, Nick Vannett and Ed Dickson are under contract for next year. As is Will Dissly, who had a promising start to the season this year before he suffered a significant knee injury. Wide receivers Doug Baldwin, Jason Brown and Tyler Lockett are all under contract for next season. David Moore, who had some of Seattle’s greatest catches and most devastating drops, is a restricted free agent, but I’m betting the Seahawks will get him under contract after he flashed this season.

O-Line is a little more mixed; Duane Brown, Germain Ifedi and Justin Britt will all be on the field next season for Seattle, but road grading guards D.J. Fluker and J.R. Sweezy are both unrestricted free agents. We Seahawks fans know what happens when money is not invested in this offensive line, so this is a position group to keep an eye on.

Needless to say, the Seahawks outlook this offseason is a bit mixed. They have some stars under contract, but a fair amount of other significant contributors and starters are either free agents this year or next year. The Seahawks also have only five draft picks for this year as of now, which means there is a lot of pressure to make sure each pick is a good one. This is a little scary with the alternating peaks and valleys of the Seahawks draft classes since Pete Carroll became head coach. However, of the players the Seahawks have under contract for 2019-20, the average age is roughly 25, and to have a young team is always a chance to be very good down the road. The Seahawks also have the 8th most cap space available, which means they have a chance to keep their more expensive free agents or bring in skilled players to replace significant departures.

Editor: Hanson Lee
As a struggling college student, I only like to accept two things; help and free stuff. When my academic advisor offered me free help, I figuratively jumped for joy. As a CWU student expecting a spring quarter graduation, I need advising when it comes to career paths, resume building and further education. The mentoring program on campus is doing exactly that. The Professional Network resource, here at CWU, allows for former students to guide current students through the treacherous fields of adulthood and senioritis by offering mentor/mentee relationship opportunities.

So far, I have gotten out of this partnership exactly what I have put into it. Once a month I speak to my mentor for at least an hour. As a person with crippling social anxiety, this seems impossible at times especially since I never really got into phones or talking to real people. However, the phone call is usually worth the slight panic and cold sweat since the main point of these phone calls is to help me meet my professional and academic goals.

The mentee’s goals can be rearranged as the year goes on, which is useful since priorities can shift around before the academic quarter finishes, let alone the academic year. I am never going to admit that I have already changed more than half of my goals, but maybe a student out there can relate.

According to the Data and Outcomes page for the mentoring program, most participants find this program helpful as well. There was a survey sent out to 25 mentees, wherein 20 responded with mostly raving reviews. There is a chart on the mentoring data page that gives a few ways that mentors can help, like professional development and preparing for interviews. Shifting between goals like these gives variety which indecisive and/or stretched thin students may need.

Most of the responding students reported that their preferred form of contact was email, so it is safe to say that I am not the only socially awkward mentee. I would agree that email is useful, but all jokes aside the phone call makes our communication more efficient and compact. When I make bullet points ahead of time, the conversation moves quickly, and I get all the concerns that I may have across to my mentor in one conversational method.

There is also data on how much more confident students felt in their skill set after working with their mentors. I have only known my mentor for a quarter but knowing that there is an experienced human willing to help me with my professional woes makes me feel secure. I can plan a meeting with her at any time that works for the both of us, and bounce ideas off someone with real life experience.

There is an overall sense of satisfaction that comes from working with a mentor who wants to help. I do encourage other students to join the program. Even if you just need someone to use as a business advice sounding board.
If you watch basketball, specifically the NBA, you know how exciting it can be to witness history every night. Teams like the Warriors are breaking 3-point records seamlessly, and the king himself, LeBron James, is coming closer and closer to surpassing Michael Jordan as the greatest player of all time.

But past legends of the game like Sonics defensive legend Gary Payton and hall of famer Charles Barkley criticize the game for becoming too soft. They’re not wrong. Refs these days seem to call a foul the moment a defensive player touches the guy with the ball.

Gary Payton tweeted back in 2016, “I could never play basketball in this soft era, all of my contract money would go towards fines.” Fines can come from players just pushing each other, whereas refs would allow that in the 80’s and 90’s.

I understand that the league is promoting player safety and professionalism, but the game has a whole different playing style to it now. One of my favorite players and hall of famer Kobe Bryant told ESPN, “It’s more of a finesse game, more small-ball, which I don’t care for.”

This is why 3-point specialists like Steph Curry have so much success. They don’t play physical, and defenders who want to play tight defense on them get called for fouls from just grazing their arm when they shoot. The game went from physical smash-mouth basketball to requiring only skill and no heart.

Some NBA analysts believe the league is protecting players like Kevin Durant who have a skinnier frame and wouldn’t be able to have their way in the paint because they’d get “bullied” by defenders who are stronger and more physical. I believe that needs to be part of the game. Durant needs to either find a different way to score or hit the weight room and bulk up. The NBA is rooted in tough physicality and it’s evolving into sensitive gameplay that will push out big men and turn everyone into 5-guard shooting teams.

These new rules were implemented in the 2000’s and NBA referees seemed to love them, even exploit them. Back in 2007, one of the most calm, level-headed legends you will ever watch play was ejected from a game for laughing, just laughing. Veteran referee Joey Crawford ejected Tim Duncan after a foul was called and Duncan sat on the bench laughing because he believed it was a bad call. I don’t know if Crawford was holding on to his pride and showing Duncan who the boss was, but it seemed like he let his emotions get the best of him.

Players have been criticizing refs profusely for calling too many fouls and they have the right to criticize. Watching today’s games, it seems like if a controversial play occurs and the referees aren’t sure whether it’s a foul or not, they’ll call foul every time. Players take advantage of that and flop because they know their best chance to get points is going to the free throw line. If refs could just leave their whistle alone sometimes we would be taking a step in the right direction.

Fines, new rules and too many fouls are making the NBA soft.
Resilience and Grit: Learn to Juggle in 45 Minutes! (WLA workshop)
3 p.m. • SURC Ballroom
We’ve all experienced “drops” in our lives. This interactive workshop will help develop a resilient mindset.

Step Up! Bystander Intervention Training
5 p.m. • SURC 137 • Free
Learn how to locate and respond to struggling friends and crisis situations. Free t-shirt for participants.

Open Mic Night
8 p.m., sign up 7:30 • 1891 Bistro • Free
Sign up to perform or just sit back and enjoy amazing talent.

THUR. JAN. 24

Shaun King Tickets Available Now
Free for CWU Students, $10 GA winnertake-all food donation, $15 regular GA
Cwulee.edu/tickets
Social activist/author speaks on “The New Civil Rights Movement” and using your voice to influence social change.

SAT. JAN. 26

Badminton Tournaments
10 a.m. - 6 p.m. • Recreation Center
Free for Rec Members
Show off your badminton skills. Register at innegules.com/cwu by Jan. 26

TUE. JAN. 29

Red Cross Blood Drive
10:30 a.m. - 3 p.m. • SURC 137
One donation can save three lives!

Cold Weather Shelter Food Prep
2 - 4 p.m. • Sign up in SURC 256
Make soup/sandwiches for homeless

Provost Gallery Artist Reception
4 - 5 p.m. • Barge 302
CWU students Cameron Wilson, Max Volkman share their work through 3/11.

Copper share their work through 3/11.

MON. JAN. 28

Monday Movie: War Games
7 and 9:30 p.m. • SURC Theatre
Free for CWU Students w/ID • $3 GA
70s classic!

FRI. JAN. 25

Provost Gallery Artist Reception
4 - 5 p.m. • Barge 302
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WED. JAN. 30

Major/Minor Apps Online!
MyCWU introduces new offering! Now you can drop a course or request to apply to major/minor online.

Wildcat Success Day
10:30 a.m. - 2:30 p.m. • SURC 137
Stop in to see all the support services available to you! Free cinnamon buns and coffee (while supplies last.)

Weather data sourced from forecast.weather.gov. Information current as of print. Weather subject to change.

Editor: Alexa Murdock

Ellensburg weekly weather forecast

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Monday: Patchy fog and freezing fog in the morning. Sunny in the afternoon. High of 37.
Tuesday: Patchy fog. Mostly sunny with a high of 36.

Saturday


cwu.edu/tickets
Social activist/writer speaks on “The New Civil Rights Movement” and using your voice to influence social change.

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High school student unwillingly hacks into a military supercomputer. 80s classic!

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Saturday: Patchy fog in the morning. Mostly sunny in the day with a high of 42.
Sunday: Patchy fog in the morning. Mostly sunny with a high of 43.
Monday: Patchy fog and freezing fog in the morning. Sunny in the afternoon. High of 37.
Tuesday: Patchy fog. Mostly sunny with a high of 36.