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PULSE - Fall 2015, Issue Two

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Dear readers,

First of all, I just want to say thank you for finding your way to the first “official” printed issue of Pulse magazine. For those of you who don’t know, we’re a student-run lifestyle magazine made by and for the Central Washington University community. Even though Pulse has been around since 2008, our content was only accessible via Internet -- and you can still find us there. But finally, we’ve blossomed into this beautiful, real-life printed publication, too. Go us!

Really, print is a dream come true for many long-time staffers who've helped shape Pulse’s current vibe. I know we’re all super excited. There’s something genuine about holding a hard copy that brings a publication to life. For me, it’s the feel of the glossy pages as I thumb through each story. It’s the smell of the paper. Reading print feels more intimate because it’s tangible. So in that regard, I think it’s safe to say print trumps modern technology.

Since the beginning we’ve been striving to produce stories that are not only original and edgy, but also visually stimulating. I love seeing a story really brought to life by its design. That’s truly the beauty of magazine, I think.

As you flip though this issue, you can find out which group member you are during class projects -- god forbid you’re the “know-it-all” or the “ghost” (p.17). We also discuss what it means to “be a man” in modern America (p.35), and we’ve given you the 411 on stoner etiquette (p.19).

From here on out, we’ll be printing two issues (like this one) each quarter, so don’t forget to stop by a newsstand to pick up our latest issue!

Until next time,

Brielle Rutledge
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STUDENT HIGHLIGHTS
Every week, Pulse highlights a new Central Washington University (CWU) student for the web. Pulse Cool Cats are students that are hand-picked by staff that deserves to be recognized. Know any Cool Cats? Let us know!

PREVIOUS ISSUES
We’ve got you covered! Catch up on past issues on our website, www.cwupulse.com

EXCLUSIVE CONCERT COVERAGE
Pulse sent writer and photographer, Miranda Farlow, to get coverage on country singer, Nicole Lewis as she performed in the SURC this November. Farlow got front-row photos and a personal interview with Lewis.

WILDCAT EVENTS
Pulse covers events all around campus. This past month, Pulse writer, Bailey Williams exclusively covered students protesting equal rights for all students of all races.

DONT MISS OUT ON THE INTERACTIVE EDITION OF THIS MAGAZINE ON CWUPULSE.COM
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PULSE TAKES THE PULSE OF CWU...
We asked the burning questions and you answered!

IS HIPSTER A lifestyle

52% said (LIFESTYLE)

48% said (STATEMENT)

OR A statement?

ALCOHOL, MARIJUANA,

60%

20%

16% sobriety

OR SOBRIETY?

FAVORITE taylor swift SONG OF ALL TIME?

BAD BLOOD 40%

SHAKE IT OFF 22%

LOVE STORY 16%

I KNEW YOU WERE TROUBLE 10%

TIM MCGRAW 12%

Designed By: Vanessa Cruz
Polls Conducted By: Jonathan Olsen-Koziol, Mariah Rocker, Angelica Bartorelli, Vaughn Jones, McKenzie Lakey, Simone Corbett, Miranda Farlow, Andrew Evans, Jillian Guernsey, Jacey Menter, Kyle Kuhn, & Ashtyn Mann
FAVORITE BAR IN ellensburg?

- 19% said THE TAV
- 17% said PALACE
- 14% said STAR LIGHT
- 13% said BLUE ROCK
- 11% said SHOOTERS
- 9% said IRON HORSE
- 8% said 301
- 9% said...

FAVORITE HIKING PLACES IN central washington?

- Manastash 54%
- Umtanum 20%
- Yakima River Canyon 10%
- Mount Si 2%
- Coleman Canyon 0%
- "I don’t hike."

SIZE
- 20%
- 80%

or PERFORMANCE?

BOOBS or BUTT?
- 11%
- 89%
With the words “Chef Devin” scripted on his jacket and a welcoming smile, Devin Marshall, owner of Curbside on Fifth, is easy to spot from behind the counter.

He works swiftly and diligently as he transitions between calling out orders, preparing meals and ringing up customers. On most days, it’s a one-man show. Curbside on Fifth is one of the most recent additions to downtown Ellensburg’s restaurant scene. Located in the small building behind the Elks building, this bite-sized joint promises big flavor and quick service.

As a walk-up restaurant with from-scratch entrees, “Craveable” is their slogan.

“I put a maximum of five minutes [per order],” Marshall says. “Any longer is rare.”

LIVENING UP THE NEIGHBORHOOD

Like many small business owners on the block, Marshall wants to revive Fifth Avenue, and such an anecdote is indicative of success. Bringing business to Fifth Avenue and livening up the area are Marshall’s primary intentions, and he’s been working with the owners of Shooters and the Kabob House to make that happen.

As an expansion of his original business, the Kittitas Chef, Marshall felt the need to bring his food to a wider audience, and explains he had two goals in mind: “One, to bring great food and great flavors, and two, to expose the history of this block.”

This endeavor led Marshall to the Kittitas County Historical Museum, where he was able to learn about the town’s history and incorporate it into his business model and his menu. “I take a lot of time figuring out what I’m going to put on the menu,” Marshall says.

If an item makes the cut, then the name must incorporate Ellensburg history.
NOSTALGIC NIBBLES

1890 Grilled Chicken Sandwich
The name refers to the one of earliest artifacts of the area, a photo of downtown Ellensburg that was taken soon after the fire of 1889.

“To commemorate C5’s first regular menu item, we are naming [it] after the first piece of history attached to the land the building sits on,” Marshall says.

Hollywood Chicken Thai Salad
This item gets it’s name from the Hollywood Cleaners & Dryers, a business that once sat on the same lot as Curbside.

R.E. Castor Shrimp Caesar Salad
A small house-like building used to sit where the Elks building currently is, and a barber named Roy E. Castor rented out the space below as Castor’s Baths.

Farmers Egg Sandwich
The most recently added menu item nods to The Farmers Bank, which was completed in 1991.

In addition to those menu items, Curbside also offers a set of options dubbed with the catchy phrases, “Wrap It,”“Stack It”and“Mac It.” Designed to be simple and easy for passersby to choose from and build upon, customers can choose a wrap, a sandwich, or mac & cheese (made by Chef Devin’s standards). It’s also worth noting that any of these can be upgraded by adding smoked chicken, vegetables or cajun shrimp for an extra fee.

This concept was created long before Curbside when Marshall was considering a food truck. Instead of “Mac It,” the third option had been “Plate It.” As Marshall’s plans expanded, his focus switched to comfort food, and “Mac It” flowed perfectly.
PEERING INTO THE PAST

Although going to culinary school can be beneficial, it’s nothing compared to actually diving in.

“There’s a great value in going to school, but eventually all chefs have to go out in the world, and roll their sleeves up,” Marshall says.

Since his younger days, he’s worked at multiple restaurants, and his love for the cooking eventually evolved into a personal chef service he began in 2004. When he and his wife moved to the Kittitas County to be closer to family in 2008, his service was renamed the Kittitas Chef.

Although Marshall still maintains his personal chef business, it has evolved since the opening of Curbside. Before having the luxury of his own (albeit small) kitchen, Marshall worked one-on-one with people in their homes. While doing so, he also worked at the Suncadia Restaurant and Ellensburg Pasta Co.

Personality, local history and an eye for detail ensure Curbside on Fifth’s permanence among businesses that find success in spite of the transience of this town. Everything Marshall does takes his work to the next level, and it seems to stem from one simple thing he enjoys: “I love making people smile.”
STUDY abroad

WHAT OPPORTUNITIES ARE WAITING FOR YOU?

Story By: Jacey Menter
Photos/Design By: Mackenzie Loete
Photo Cred: Irene Folder & Natasha Rodello
Studying abroad can make a huge difference in someone's college experience. It can help students learn a foreign language, meet new people from all over the world, open doors to different careers, and it gives students an overall unique experience that they would not have staying at home.

"I wanted more of a universal approach to how art is explored," Central Washington University (CWU) senior Natasha Rodelo, Studio Art major says. Rodelo studied in Florence, Italy last winter/spring.

LOCATION MATTERS
Location is key to a student's success and overall experience while going abroad. When deciding where to study abroad, it's important to take the time thinking about what location would benefit you the most. However, many students may not know where to start when choosing a location that best matches their major and career field.

For Irene Ignacio, a CWU senior pursuing a French teaching degree, the location of her program made a huge impact on her education.

"It has helped a lot. Everyday I’m improving my speech and grammar skills. In the long run, the experience will help me in my future classroom when I start teaching French to students," Ignacio says.

Currently in Lyon, France, where many precautions have been taken to keep people safe after the Paris terrorist attacks, Ignacio notes that her studies have been unaffected, but there have been a lot of changes going on around her.

"There are a lot more armed police officers walking around the city than usual. At my university, they have closed off all the 'shortcut' entrances," Ignacio says.

"The biggest precaution that the city took was cancelling the Fête de Lumière (the light festival). It's one of Lyon's biggest events."

THE DOWN LOW
The CWU study abroad office has many resources for students interested in studying abroad. These resources range from informative handouts to information sessions, and the information sessions are peer ran with alumni of the student abroad program.
"Peer advisors understand the administrative side, as
well as considering what students look at,” says Matthew Zielsdorf, a study abroad advisor at CWU. Students consider the social aspects of studying abroad and handle things like trip cost and family relations.

**HERE TO HELP**

For some students, it can be hard finding an obvious location to their selected major. One area of study that can be challenging to find a location for is the Science Talent Expansion Program (STEM). According to Steve Cook, CWU Assistant Director of Study Abroad, this program is typically the most difficult because there’s fewer options available compared to the foreign language programs.

However, Cook has rarely ever had an issue not finding a program that matches a student’s field of study.

“We can usually get them abroad in some fashion,” says Cook.

Students also have the option of interning as a way to fulfill the studying abroad experience. This is a great alternative for students who are far along in their major, and it gives them additional options.

**DO YOUR HOMEWORK**

Two common tips given by CWU study abroad faculty and students who have participated in the program are to make sure you plan everything out, and do your research.

This was a large part of the study abroad experience for Rodelo, who initially considered studying in Australia. After going through the planning and research process, she realized that what she was studying wasn’t offered in Australia. With a little more digging, she found that her program was offered in Italy and focused specifically on the Renaissance art period which is an area of interest for Rodelo.

The biggest piece of advice CWU advisors Cook and Zielsdorf have for any students interested in studying abroad is to plan early. Students should talk to both a study abroad and department advisor. This way, students have a better understanding of how the courses they have at CWU correlate with the courses in the study abroad program.
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We've all been victims of group projects, and from the start, we know in the back of our minds working together can be a harder task than the actual assignment. Everyone has their own way of getting things done -- or um, not. But the question is, which group member are you?
**THE KNOW-IT-ALL**

Most likely to: Annoy the group, has a response to anything, think people listen to him

Everyone knows someone who thinks they know every secret to the universe. Often the most annoying member of the group, this person has a response to everything. At some point during the project, you’ll probably get into a catty argument with this person. Even the most trivial of decisions are huge deals: the PowerPoint has a purple background?! Purple has personally offended this person’s family and shall not be used! The group has decided to meet at Winegars? Not a chance, being in the vicinity of ice cream would hinder their creative mind.

**ACTUALLY KNOWS IT ALL**

Most likely to: Actually read the material, always comes prepared, your favorite

Often the most respected member of the group, this person is a godsend. They’re the one person who actually read the material, and they always comes to class prepared. Easily everyone’s favorite group member, they’re the reason your group will get anything above a C on the project.

**THE GHOST**

Most likely to: Always be late, reply to your text with “sry not feelin well,” hangs at 301

You’ve heard rumors that they exist, but you have no evidence to prove they are even a real person. Group texts don’t phase them, Facebook messages don’t reach them and no one seems to be able to get ahold of them. Hours later, there’s finally a response saying they were working, busy or not feeling well. Which is strange, because their Tweet about getting lit at 301 tells a different tale. One way or another, there will be an excuse why they cannot meet at any time, ever. They are never in class, never seen before, and are more elusive than Bigfoot.

**THE WORKER BEES**

Most likely to: Be a follower, just care about the good grade

This is the role what most people fall in to. They are told what to do by the Actual Know-It-All of the group, and they abide. They put their heads down, do their part and get the job finished in an adequate manner. They shoot for the middle, and they rock the hell out of it. Way to go, Average Joe.

**THE BILLY MAYS**

Most likely to: Make up their poor work effort with being the best public speaker

Last but certainly not least, is The Billy Mays. This person is charismatic, great at public speaking and can make even the most dull topic sound interesting. They lead the presentation, do most of the talking and help make the whole project go smoothly. The Billy Mays has the ability to resurrect the class after the shy person has bored everyone to death with their monotone, barely audible contribution to the presentation.
Both ceremonial and ritualistic, stoner subculture is a very particular one. Although anyone in the ‘420 club’ expresses these rituals in their own way, there seems to be a basic set of rules that everyone follows. Whether it’s eight people piling into a bathroom and hot-boxing it, or it’s or two friends passing their favorite pipe back and forth, it is important to know the basics. If you’re a newcomer to the culture, or smoking with someone for the first time, keep etiquette in mind. You can never go wrong with a good first impression.

BIC: Taking someone’s lighter.

GREENS: The very first hit of a fresh bowl.

BLOWING THE BOWL: Exhaling into the bong.

DON’T BE A MOOCH!
The last thing stoners want to do is repeatedly smoke out someone who is ungrateful. So bring your own damn weed! Sharing is caring, a friend with weed is a friend indeed -- all that cliché stuff plays here.

LIGHTERS
Don’t ‘Bic’ the people you smoke with. There’s nothing worse than the realization that you have to take a trip to the Quick-E Mart before you roast one.
PIPE PROPER

Pipes are the best piece for beginners because it’s the easiest way to control the dosage, and it’s the best way to build up a tolerance.

DO NOT roast the “greens” of the entire bowl. Hitting greens is when you really taste the strain. It’s only proper that you pick a corner of the bowl, and do what you can to reduce the surface area that you burn. This will assure everyone gets a tasty green hit.

BONG BASICS

See above for proper “greens” techniques

DO NOT blow the bowl.
It’s easy to get a larger hit than you expect with water pieces. If you exhale back into the bong, you will blow water into back into the bowl, which ruins the weed.

BLUNT FORCE TRAUMA

PUFF, PUFF, PASS LEFT

ROLLERS RIGHTS
No matter who pitched it in, whoever rolls gets to light it.

DO NOT slobber all over the blunt/joint.
Unless you like being made fun of and roasted mercilessly, refrain from drooling all over it.

DABBING DO’S & DON’TS

Ask the owner of the dab rig to put the dab on the tool. Concentrates are potent. It’s easy to get in over your head.

If the rig has a glass dome, make sure you ALWAYS take the dome OFF after use. If you don’t, the dome will get stuck, and it’s a bitch to get it off.

Most importantly:

ALWAYS TURN OFF THE TORCH LIGHTER!
Seriously, dabbing is a fire hazard, and if you’re careless, you could easily burn down the homie’s house.
Nestled in a row of brick buildings along Main Street in downtown Ellensburg, Ace Body Piercing (known around town as just “Ace”) might not seem like your typical family-run business.

Ace is run by owner Kelly Parke and her daughter Erica Cox, who started helping out around the shop when she was 15 and shifted to full-time at 18. Erica’s niece, Mikayla Stevonson, helps out as an assistant. The familiar atmosphere may be the secret to Ace’s success, in more ways than one.

“I’ve always been able to count on Erica the most,” Parke says. “She first started working full-time as a body piercer in 2008 during the recession, which almost closed our doors.” She credits her daughter’s work with helping Ace weather the economic downtown, even though Parke says they’re still climbing back to pre-recession profits.

Erica came on board full-time a year after Parke’s previous associate, her then-sister-in-law Carol Cox, left to open her own business in the storefront next door, the vintage music shop, Old PERFECTLY
Skool’s. “Starting out, it was nice to have the both of us,” recalls Cox of working with Parke when the shop was known as Threads & Needles. “It’s not real easy to start a business, so when things were tight, we kind of helped each other out and could depend on each other.” (For more on Old Skool’s, check out Pulse Fall 2015 Issue 1.)

Parke admits there are downsides to running a family business. “My daughter has a life, and she can’t be stuck helping her mom forever,” she says. She worries the shop may be “vulnerable” with only two piercers, so mother and daughter also take on regular apprentices. Still, she says, “Independence can’t be overrated, and doing a good job is always satisfying.”

Creating Community

It’s a quiet, late autumn Saturday afternoon at Ace. Erica swoops around the shop, spraying and cleaning every glass surface in sight. She asks her niece-slash-assistant to prepare instruments for
cleaning in the autoclave. She sweeps dropped beads and bits of metal trimmed from too-long studs onto the carpet to vacuum up.

The shop is consistently buzzing, so Erica bounces between clients. She makes light conversation with anyone who stops in.

“My cat’s name is Vicious,” she says, as she clips the end of a nose stud with wire cutters.

“I love her, but she scares me,” she explains with a laugh before she rounds the cut end of the stud with a Dremel.

Even on a day described as ‘slow,’ dozens of patrons file through the door over the course of the afternoon. Erica knows many of them by name, even some who have not been in town for years and are just passing through.

Ace customers represent a mix of locals and college students, typical for a small college town, but it’s the locals who have more of a history with the shop and its staff. Parke pierced a lot of Erica’s classmates, and now Erica carries on the tradition. “Everybody I went to high school with has kids now, and now I’m piercing all of their kids,” she says.

Mita Cruz’s family has been coming to Ace for years. Cruz has primarily been pierced by Parke,
but it was Erica who pierced her daughter Kaitlyn's nose, making the girl, then just 9-years-old, one of the youngest non-ear piercing clients ever at Ace.

“A lot of parents gave me shit for it,” Mita recalls. “They did, they gave me hell.”

“I don't think she's going to let me get any anytime soon,” admits Kaitlyn, who's 15 now and has restrictions on what other piercings she can get.

“You pick your battles,” Mita shrugs.

THE JOY OF PIERCING

Erica attributes part of Ace's success to people who value artistic appearance. She says piercing is not a trend, “it's a form of self-expression,” like the clothes you choose to wear. The type, placement and selected jewelry of a piercing are all a part of expressing a certain taste or style.

Erika herself has 28 piercings, but only actively wears about 22 of them. “You get bored with it, decide you want more,” Erica says. That's a reality that has probably served this family business well, but there's more to it than that.

Erika and Parke appear to create a bond with customers through their knowledge of the craft and the effort they put in to make piercing a positive experience. Ace customer, Sarah Edwards, a bio-med student at central, recalls the time she came in about six months after having her nostril done. “She [Parke] was very sweet and honest. I took my piercing out for an hour, and I went back and told her about it, and she tapered it for free.”

One family of Ace clients includes four generations of women: the great-grandmother, her daughter and the granddaughter, who now has her own baby with, of course, pierced ears.

“We take our time with each person in the order they come. The trick is not to feel rushed,” Parke says. “The people waiting will appreciate that we take our time when it's their turn.”
Billowing plumes of white clouds twist and bend up through the air, but not before they settle in front of you on your path to class. The haze is unavoidable, blocking your vision and leaving you wondering what could possibly be going on until you see it; a shadowed figure consumed in the center of the anomaly.

That’s when it hits you, they’re vaping.

Often referred to as a safer alternative to smoking, vaping is gaining popularity among college-aged individuals. And if you haven’t been encased in one of the citrusy clouds that appears from seemingly nowhere, then you’ve definitely seen the memes plastered across the Internet with the now infamous, yet catchy, “We get it, you vape” tagline framing the plumes.

But what exactly is vaping, and is it really safer than traditional tobacco products?

While the verdict is still out on the long-term health risks associated with vaping, one thing is for sure: these notorious white clouds aren’t going to be rolling out of campus any time soon.
DID YOU KNOW?
VAPING BECAME POPULAR AS PEOPLE REALIZED ITS POTENTIAL AS AN ALTERNATIVE TO CIGARETTES

USAGE HAS TRIPPED IN THE LAST YEAR AMONG TEENAGERS

DEFINITION OF VAPING:
THE ACT OF INHALING WATER VAPOR INFUSED WITH NICOTINE (E-LIQUID) THROUGH A PERSONAL VAPORIZER

VAPER VS. VAPOR
A "VAPER" IS THE "SMOKER"
THE "VAPOR" IS THE SMOKEY BYPRODUCT OF VAPING
ECCENTRIC E-LIQUID NAMES

“POSEIDON’S PUNCH” (CITRUS) // “UNICORN MILK” (STRAWBERRY MILK) // “CHICKEN” (BERRY BLEND) // “SOUR KRAKEN” (WATERMELON) // “SELFIE SUNDAY” (APPLE JUICE) // “UNICORN PORN” (STRAWBERRY & CINNAMON)
I started smoking cigarettes and then I found out about vaping five years ago. I’ve been vaping ever since then.

There’s definitely a culture. Vaping altogether is one big group and then there are subcultures in it. Some people collect the mods, some people are advocates for it as a healthier alternative for getting nicotine and then there are people who take it up as a lifestyle.

-Wesley Lin (CWU Student and Cloud 509 Employee)
Have you felt it? Have you felt the nostalgia for a motion picture adventure that was a part of so many of our childhood experiences? The nostalgia for the space and time travel experience that started when the scrolling golden text faded into the stars and the music crescendoned, taking the audience into a galaxy far, far away?

And most importantly, have you felt the excitement of the newest installment of that universal classic, Star Wars?
Forbes Magazine has estimated that "Star Wars: The Force Awakens," which will open in theaters on Dec. 18, could break $125 million at the box office on its opening day alone.

Some are predicting the new chapter in the saga, this one directed by J.J. Abrams, could become the highest grossing movie of all time. Entertainment Weekly reports the upcoming film has “generated unprecedented ticketing demand” for pre-sale tickets, and broke AMC Theatres’ single-day advance ticket sales record by “more than 10 times over,” selling out “more than 1,000 shows nationwide within 12 hours.”

Why has this story continued to capture the hearts and imaginations of generations of people from all walks of life for over 40 years?

“It’s a classic hero’s tale,” suggests Jordan Larson, a Central Washington University student and lifelong Star Wars fan. “There’s wish fulfillment, someone who feels not extraordinary but finds out that he is very special. It is a lot like Harry Potter.” The simple beauty of the Star Wars mythology is one reason why many people love the series.

The storyline, which echoes so many traditional heroic sagas, can appeal to just about any kind of movie-goer. “The world they built, the galaxy, is great,” Larson says. “I liked it so much because I wanted to be one of them.” And then there are the characters. Some may love the furry Wookies (known as the People of the Trees in Wookieepedia—which is a real thing) while others may enjoy the bromance and witty “dialogue” between R2-D2 and C-3PO.

And, of course, nearly every fan can be seduced by the tension of good versus evil as represented by Luke Skywalker and Darth Vader. A variety of Star Wars collectibles lines the walls of Central City Comics, a place that welcomes any Ewoks, Jawas, and Gungans who might find themselves in downtown Ellensburg.

“It’s fun just to have someone come in, see them, and start up a conversation,” owner Gus Foster says of the collectibles. “Even though I think the [new] toys are far superior to the old ones, the old ones definitely have the nostalgia.” Foster says he still remembers the intergalactic phenomenon that swept the world when he was young.

“I’d never seen anything like it before,” he recalls. “It had brand-spanking new special effects. You watched the movie and it didn’t matter if you wanted to be Han Solo or Luke Skywalker, you just wanted to be a part of it.”

The first teaser trailer for “Star Wars: The Force Awakens” was released a year ago, leaving fans wanting more. Despite the passage of time—the first Star Wars film was released in 1977—fans both old and young have remained transfixed by the familiar music and images of the original film (the Millennium Falcon! Chewbacca! Han Solo!) updated for contemporary audiences.

Still, George Lucas’s prequels (the three installments that took place prior to the original trilogy) had mixed reactions and left many fans wondering, “Is this the end of the Star Wars universe?” They only have to wait until Dec. 18 to find out.

May the Force be with you.
BE A MAN

...whatever that means

Story By: Andrew Evans
Designed By: Mackenzie Loete
From a very young age, most males learn that there are certain things that are expected of us in order to be considered manly. The failure to live up to these expectations almost always leads to abuse from our peers (physical or verbal), feelings of inferiority and the fear that we won't find success in our careers and in our relationships.

Not to mention, violence against women is still a massive problem in our so-called “progressive” culture, and it happens in such varied degrees that it becomes hard to pinpoint where misogyny resides in the mind.

It's safe to say that the dude who creeps on women at the bar, or the guy who thought it was okay to send you a picture of his dick without asking, act the way they do because they aren't in a healthy state of mind. The same goes for guys who talk about women and sex as something to be “conquered” -- and even those who are willing to commit acts of sexual violence.

Western culture is in the middle of a massive shift in the paradigm of gender performance. We parade the idea of progress because women are no longer (entirely) second-class citizens.

A wider range of options is available to women — whether it's through a powerful position in a career, maintaining independence as a single woman or wearing yoga pants no matter the occasion.

Men, however, haven't had access to that expansion. The definition of manhood is terribly rigid, and for some reason, there are a lot guys out there who feel like they have to constantly prove their masculinity. Jeffrey Weeks, a sociologist and gay activist says it best.

He writes: "Masculinity, or the male identity is achieved by the constant process of warding off threats to it. It is precariously achieved by the rejection of femininity and of homosexuality.

Male violence against women, and the taboo against homosexuality may be both understood as effects of this fragile sense of identity."

Weeks explains that the roots of sexual violence and homophobia stem from fear, and it's this fear that resides in the pressure that we experience in a culture that demands us to prove our masculinity. From a very early on, we've all heard phrases like "be a man about it" or "toughen up." But why?

Pulse decided to explore this question with a few people around town and on campus to see what they had to say.
WHY DO PEOPLE SAY, “BE A MAN?”

CHRIS SMITH, ENVIRONMENTAL STUDIES, SENIOR: “IT’S BASICALLY LIKE THE SOCIETAL POLICE COMING AT YOU AND TELLING YOU TO STOP DOING THE BEHAVIOR THAT THEY THINK IS UNMANLY. WHICH I GUESS TO MOST PEOPLE [MANLINESS] PROBABLY MEANS SILENT, CALM, REFINED MAYBE. YOU DON’T DO ANYTHING TOO FLASHY. TO ME, IT’S LIKE, THE SMALLEST BOX.”

MICHAEL MINOR, OWNER OF WHOLESOME WORLD ORGANICS: “I USED TO BELIEVE THAT IT MEANT TO WORK LIKE NOBODY LOVED YOU. YOU KNOW, JUST SUCK IT UP AND GO FORWARD WITH IT. AND I REALIZE THAT THAT’S PRETTY MUCH LIKE A BARREN GARDEN. THERE’S NO LOVE IN THAT, THERE’S NO REAL COMPASSION.”

ANONYMOUS: “THERE’S THAT STIGMA THAT MEN ALWAYS HAVE TO BE STRONG.”

BRIAN WOOLERY, MECHANICAL ENGINEERING, SOPHOMORE: “I GUESS, IF SOMEONE ASKS ME TO BE A MAN, IT’S LIKE ‘TAKE RESPONSIBILITY.’ WHEN TIMES GET TOUGH, DON’T SIT AROUND AND LIKE, BEG SOMEONE TO DO YOUR WORK. DON’T CRY ABOUT IT.”
DO YOU FEEL LIKE YOU HAVE TO DEFEND YOUR MASCULINITY?

ANONYMOUS: “Yeah, almost everyday.”

AND WHY DO YOU THINK THAT IS?

ANONYMOUS: “Nobody really wants to be around somebody who’s not like that. And if they do, usually they accept him as a friend.”

DO YOU THINK MEN ARE CONFINED BY MASCULINITY?

SMITH: “One of the things that frustrates me is that guys can’t be friends with girls.... A lot of guys, they really want to fit in that box, and I can’t even talk to them. Like, ’Yeah I’m going to go fuck that bitch... I can’t even talk to you, and it makes me upset because a lot of the women that I meet that I would like to be friends with, because, you know I’m married, don’t want to commit to me as a friend... I end up being excluded... which feels weird to talking about since I’m a white, privileged male.”

JON CARROL, ENVIRONMENTAL STUDIES, SOPHOMORE:
“i think that also creates our high rate of suicide, our high rate of assault and violence [in men]. i think there’s a huge thing about alcohol where men will abuse it so that they have an excuse where they can say something that they really feel.”

WHY DO YOU THINK NO ONE EVER SAYS, “BE A LADY?”

CARROL:
“that’s a good question.”

ANONYMOUS:
“you hear people be like, ‘oh that’s not ladylike’, but it’s close enough.”

ANONYMOUS #2:
“when they say be ladylike, it’s almost like, be quiet and kind of, don’t be seen.”
Winter can be a really hard time for a lot of people. It’s easy to feel apathetic when months go by without ever seeing a single ray of sun, so we drag our boots to class and dream about warmer days. While some people suffer from Seasonal Affective Disorder (SAD), which is a depression associated with late autumn and winter, others just find themselves in a funk.

Marissa Howat, director for health promotion at Central Washington University (CWU) Wellness Center had a few recommendations. Howat emphasized three main habits that prioritize physical health, which will improve your overall mental health.

**EAT A BALANCED DIET**

If your body doesn’t get the proper nutrition it needs, you’re more prone to disease, infection, fatigue and poor performance. A balanced diet includes:

- 6 to 11 servings of grains
- 2 to 4 servings of fruits
- 3 to 5 servings of vegetables
- 2 to 3 servings of meat, poultry or fish
- 2 to 3 servings of dairy
- Sparingly include fats and oils

Hydration is especially vital to your health. Dehydration leads to weakness, and that’s that last thing you need when you’re already riding the struggle bus. WebMD recommends that you should drink between half an ounce to an ounce of water everyday for each pound you weigh.
PRACTICE GOOD SLEEPING HABITS

The amount of sleep of you get is just as important as the quality of sleep. The National Sleep Foundation offers some helpful tips to catch some Z’s:

• Avoid napping during the day.
• Avoid stimulants such as caffeine, nicotine and alcohol too close to bedtime.
• Exercise can promote good sleep.
• Food can be disruptive right before sleep.
• Establish a regular relaxing bedtime routine.
• Associate your bed with sleep.
• Make sure that the sleep environment is pleasant and relaxing.

GET ACTIVE

The recommended amount of exercise is a minimum of 30 minutes a day. It’s hard to fit going to the gym into a busy schedule, so it’s best to start off with a few small sets and build up from there.

Along with those suggestions, one of the biggest steps to improving your mental health is to eliminate some of the stress in your life. When you manage your time wisely, your responsibilities start to seem more manageable. Doing things like creating to-do lists, using a planner to keep track of your schedule and only taking on as much as you can handle are also great ways to manage stress.

It’s going to be a long and cold winter in Ellensburg, but don’t let it get you down! It’s essentially up to you and what feels best for your body, so listen to it.
We are blessed to live in the modern world, but it comes at a price. Often, our lives seem to move at the speed of light. We’re constantly buried under mounds of responsibility, the need to maintain our relationships and the pressure to stay up to date with the rest of the world.

It can be hard not to succumb to the daily grind, which is why so many people suffer from depression, anxiety and addiction. Even though medication can be an effective treatment for some people, it fails to fix our problems at the source. Medications also can also be expensive and cause severe side effects.

Luckily, meditation is quickly proving itself as an incredible way to keep your shit together. According to studies conducted at Yale, meditation helps people stay focused, reduces anxiety and even helps with ADHD and Alzheimer’s.

Several studies show that regular meditation increases cortical thickness in the hippocampus, which is responsible for learning, memory and emotion regulation. There are physical benefits as well. According to the artofliving.com, meditation can improve metabolism, help you get better sleep and increased the strength of your immune system.

Furthermore, a study at Johns Hopkins University showed that regular meditation can be just as effective as taking anti-depressants for some people. We usually don’t realize it, but our minds are constantly judging, evaluating or analyzing. This chaos causes us to be self-conscious, unconfident, fearful or turn situations into something they’re not. Often, an illusory reality is created in our minds making things worse than they really are, hindering us from enjoying life for what it is. When our mind is silenced and at ease, we feel more in control and responsive to our lives. Meditation trains the mind to be more present.
Meditation comes in many forms. It’s often excori- cized by new age hippies and psychedelic depic- tions of people sitting in the lotus position. While there are benefits to the transcendental approach, mindfulness is accessible to the everyday person. Really, anybody can do it, and we’re going to show you how.

**SETTING**
Find a place where you won’t be disturbed. Put your phone in airplane mode, and turn off any music. You don’t need to isolate yourself in a soundproof room, but find yourself a space where it’s fairly quiet. While meditation is helpful at any time of day, this practice is especially beneficial if it’s done first thing in the morning.

**SITTING**
Before you begin, sit up straight in a chair with your feet on the ground. There’s no need to sit in lotus position (legs crossed and flat on the ground) or place your hands in a fancy mudra. Just rest your arms on your legs or in your lap.

**SEEING**
Sit with your eyes open for a moment. Don’t worry about focusing on a particular point or object. Just keep your eyes still, and take in the space you’re in. Take three deep, but gentle breaths. You don’t have to fill your lungs to the brim. Simply pull the air in, and let your body push it back out through your mouth. As you let out the third breath, gently close your eyes and pay attention to the way you feel.

**SOUND**
Just listen to the sounds around you. Don’t worry about trying to identify the source of the sound, just listen.

**COUNT YOUR BREATH**
After about five breaths, or whatever feels good, turn your attention away from the sound and begin to count your breath. One: breathe in, two: breathe out and so on up to ten. Do this about three times. As you’re counting, pay attention to the sensation of the breath. Focus the sensation of rising and falling in your body as the air moves in through your nose, filling your lungs and diaphragm. You can do this about three times, but it’s ok to stay here for a bit longer.

**FEEL IT OUT**
Now, it’s time to pay attention to what’s going on in your body: start either at the top of your head or the bottom of your feet, and slowly scan the sensations throughout your body from there. Take the time to move your attention slowly, slowly, slowly through every inch of your body until you reach the opposite end.

**COME BACK**
Before you end your meditation, let go of any effort. Just let your mind do whatever it wants for a minute. If there’s a sensation that you want to go back to, go for it. If your mind wants to wander, let it.

When you’re ready, take a few slow breaths in and out and listen to the sounds around you. Then open your eyes, and allow yourself to drift back into reality.

We can forget to enjoy life as it is and lose touch with ourselves, especially as winter approaches and Seasonal Affective Disorder sets in for some of us (see page 39). It only takes take ten minutes out of your day to slow down and pay attention to yourself.
Everything in this world is temporary and people will walk in and out of your life. The only person who will be with you until the end is yourself and it's hard to spend everyday with someone and love every single part of them.

Society has been taught to water down our self love to avoid being seen as cocky. But why? You are allowed to unconditionally love yourself, and don't let anyone tell you differently.

Pulse spoke with Central Washington University students and compiled a list of 15 tips to start loving yourself.
**DON'T TAKE THINGS PERSONALLY.**
It’s a reflection of them, not you.

**GET RID OF PEOPLE WHO DON'T LOVE YOU.**

**UNPLUG FROM THE WORLD AND SPEND SOME TIME ALONE.**

**GIVE YOURSELF A HUG.**

**PUT YOUR HAND ON YOUR HEART.**
You’re alive.
Love that blessing.

**WRITE YOURSELF A LOVE NOTE.**

**FAKE IT TIL YOU MAKE IT.**
Everyday isn’t easy and that’s OK, but try to smile even when you don’t want to.

**DO THINGS YOU WANT TO DO.**
Be selfish and take time to do things you’ve always wanted to do.

**GET RID OF PEOPLE WHO DON'T LOVE YOU.**

**GET RID OF PEOPLE WHO DON'T LOVE YOU.**

**DON'T FOCUS ON WINNING THE APPROVAL OF OTHERS.**

**STOP COMPLAINING.**

**FORGIVE YOURSELF.**
Forgive yourself for not being perfect. Forgive yourself for sleeping all day or eating that third ice cream bar (I'm speaking from experience).

**DON'T TAKE THINGS PERSONALLY.**
It’s a reflection of them, not you.

**GIVE YOURSELF A HUG.**

**COMPLIMENT YOURSELF.**
Look in the mirror and say, “hey beautiful.”

**WRITE YOURSELF A LOVE NOTE.**

**BE LOVING AND KIND TO OTHERS.**

**BE GRATEFUL.**
Every day is a new day—take advantage of it.

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**BE LOVING AND KIND TO OTHERS.**

**BE GRATEFUL.**
Every day is a new day—take advantage of it.

**BE LOVING AND KIND TO OTHERS.**

You are extraordinary, so be nicer to yourself.
Let’s be real here: it seems Millennials more often than not, are more interested in getting into each other’s pants than into a relationship. Booty calls, hit-it-and-quit-it and hooking-up have all become common occurrences among the youth of our generation. We see less people holding hands and more people walking alone ‘swiping left or right’ on their phones. But are Millennials really any different than their predecessors, or has the game just changed?

“The fundamental desire to hook-up with somebody is not something new,” says Dr. Anthony Stahelski, a Central Washington University (CWU) professor of Psychology. “[And] college is a perfect environment for the ‘hook-up culture.’”

Hooking up may not be something new, but Millennials certainly face more challenges than older generations when it comes to relationships. In a survey done by Gallup, the results showed that today there’s fewer young adults who are married, and that more people are deciding to stay single. For some, staying single means they can continue to have sexual variety in their life. Sexual exploration is simply part of our culture’s adolescent phase. Of course, not all this variety has had positive affects; you can have too much of a good thing.

“You can sit in your parents basement for the rest of your life and access porn and never actually engage in trying to have a real relationship,” Stahelski says.

This phenomena is something specific to the Millennial generation. Never has pornography been so easy to access, and the growing presence of pornography has caused some people to have unrealistic expectations of their partner.
Where is the Love?

As humans, we fall in love and we develop attachments. There’s a sense of accomplishment and self worth when you can make something work. It's nice to have someone in your life who always has your back and your best interest in mind. Someone who loves and supports you when the world seems to be against you. But real, healthy relationships aren’t easy; you have to put as much work in as your partner does. For a generation that expects instant gratification, being with one human being can be one of the most difficult things to do.

“[With] a romantic partner, you have a uniquely special relationship with that [person that] you don't have with anybody else,” Stahelski says. “You’re sharing at all levels. You’re sharing physical intimacy [and] emotional intimacy.”

If you put forth the work to grow a relationship it can become something so positive in your life. Resisting daily temptations can be difficult, but you do it out of respect for the one you love.

“That person that you’re with cares more about you, and you care more about them than is true with anybody else,” Stahelski says.

So are relationships out of style? No, people are just beginning to take advantage of the freedoms given to them. Just because our relatives were able to marry young and stick to it doesn’t mean we are. We’re all different and have our own individual desires.
HOTLINE BLING

LET’S BE HONEST: IF YOU ARE QUESTIONING WHETHER OR NOT YOU’RE A BOOTY CALL, YOU PROBABLY ARE ONE. JUST FOR YOUR VERIFICATION,

HERE ARE SOME KEY INDICATORS:

1. HE OR SHE TEXTS YOU “WHAT’S UP” AFTER THE HOUR OF 10PM. 2. YOU NEVER SLEEPOVER AFTER HOOKING UP. 3. WHAT’S A DATE? 4. HE OR SHE SWIPES THROUGH TINDER WHEN THEY ARE LYING NEXT TO YOU. 5. YOU DON’T USUALLY TALK UNLESS ONE OR BOTH OF YOU ARE INTOXICATED.

WELL, THERE YOU HAVE IT, DRAKE’S BEEN A BOOTY CALL AND ODDS ARE, MOST MILLENNIALS HAVE. LIKE I SAID BEFORE, OUR DATING CULTURE IS WEIRD AND A BOOTY CALL IS SOMETHING THAT BURST INTO THE SCENE AFTER THE INVENTION OF CELL PHONES.

IT’S EASY, IT’S CONVENIENT, IT MIGHT CRUSH YOUR FEELINGS AND SELF-ESTEEM...
Okay, I'll admit it: I've been a booty call... but you probably have too.

The dating culture nowadays is strange to say the least. Girls are all about being independent, “boss ass bitches,” technology makes everything easy and Tinder has become a go-to hookup app. We want results, but we want them easy.

Who wants to waste precious energy (that could be used on fantasy football or Pinterest) doing the work?

We are constantly looking for the perfect candidate to “Netflix and Chill” with us, cuddle with us at night or have meaningless sex with whenever we want. BUT, and this is a huge but, we don't want that emotional connection or responsibility that comes with an actual (ew) relationship—we still want to be that independent boss ass bitch and that lady-killer bachelor. Our generation's solution to this daunting issue: a booty call.

According to Urban Dictionary, the definition of “booty call” is: a person with whom one has sex at random times outside of a relationship.

With the help of the Internet, personal experience and my fellow peers, I compiled as much information as possible on this said, “dating loophole.”

Booty call 101, if you will.

**PROS & CONS**

Here's the deal: yes, meaningless, easy, no strings attached hooking up is fun!! I mean, how good can it get?

You and the other party agree that you both don't want a relationship, your feelings are 100 percent out of the equation and you can call that person whenever you feel like having a companion (usually in the wee hours of the morning after a night of drinking).

Hey, if you're both fine with it, then more power to you! However, there are a couple cons to this “perfect” scenario.

There are these beautiful things that humans have that develop, especially when they spend a lot of time with someone: they are called feelings. Judging by personal experience, no matter how hard I tried to prevent feelings for a guy who I was in a no-strings-attached agreement with (not saying it is very often, but it’s happened), I inevitably did. Call me emotional, sensitive, a woman or human—but it is true.

It's not just me, almost all of my friends who have been in a similar situation agree. Of course, it is possible to have a booty call and not catch feelings; you just have to go in with the right intentions.

According to Elite Daily's article: Sex Without Emotions: is it possible, limiting your expectations will ultimately limit your pain:

“When you have no expectations, you have no disappointments. If you can go into a relationship with a switch to turn your feelings on and off, then you've won half the battle.”

Along with feelings comes jealousy. You better make sure you really don't care about that person because no strings usually equal other partners.

If you can't handle seeing that guy or girl all up on someone else at the clubs, you might want to rethink your choices: are they a booty call because you just want to “get your nut” whenever you'd like or because you want to eventually date them?

Lastly, I shouldn't have to remind everyone about this, but just in case: be safe about it. If you don't really know your booty call or trust them, maybe it is time to revaluate. Hooking up is fun but it can also be dangerous if you aren't careful...use protection people.

To put it simply: the pros of booty calls are that they are easy, fun and not a lot of work—exactly what this busy generation is looking for. The cons: catching the “feelings,” being emotionally unsatisfied, jealousy and of course the worry of STDs.

Do the positives really outweigh the negatives? You decide.
Before entering a relationship, there are a lot of things you should probably consider prior to deciding whether or not to commit: Do they treat you with respect? Do they have the same values as you? Do they make you laugh?

And for some, how many sexual partners has this person had?

It would be silly to think that every person you come across and have interest in hasn't had sexual partners before to you came into the picture. But how many is too many? Is there a limit, or better yet, does it matter? Is it true that a number just a number? Some would say yes, but for others, it can definitely be a deal-breaker.

The amount of sexual partners we’ve had is one of our most private and personal pieces of information. Our number not only lets people peek into our relationship history, but it’s also a factor that could allow two people who like each other to either grow closer or further apart. Some people fear that if their number is too high, they will be looked at as promiscuous and undesirable. Others fear that if their number is too low, they could be looked at as inexperienced or prude.
Makenzie Josephson, a junior and elementary education major, says it shouldn’t matter how many partners the person you’re interested in has had before you; everyone has a past they may or may not be proud of, but it shouldn’t be the “deciding factor” in moving forward with someone you genuinely like. “I say go for it,” Josephson says. “If you have feelings for someone in the present, then that’s what matters. The past is the past.”

In a 2015 study done by Singles in America, the results showed that over half of the 5,675 singles surveyed, ages 18 to 70 and over, said they’d rather not know how many sexual partners their significant other has had.

“I don’t think it’s that serious if you aren’t serious about the person.” Josephson says. “But if you’re serious about him or her, it should at least get talked about once.”

J’lynn Wright, an undeclared sophomore, agreed that the amount of past partners of someone you’re interested in shouldn’t matter. “If you want to get in a relationship, I think you should feel secure enough with that person to not worry about the others who came before you,” Wright says. “Just because some people have had a lot of sex partners, that doesn’t completely define them.”

Wright explains that even though there are stereotypes and people make their assumptions, it’s really more of a case-by-case situation. “It’s not something I have to know, [and] sometimes I don’t even want to know,” Wright says. “But if you can trust that person to be loyal and be with you, and only you, then f**k the past.”

Although it may not matter to some, Cameron Enoch, senior world history major, says the he definitely takes his partner’s number into consideration. “I mean, yeah. It matters. That tells me she doesn’t know how to commit and would probably not be able to engage with me in a real relationship,” Enoch explains. “Honestly, if you’re in your early twenties or late teens and have [hooked-up] more than 20 people, it’s a rap.”

Beatrice Romero, junior psychology major, could see both sides of the argument. “I personally wouldn’t really care that much,” Romero says. “But there is a limit to where someone is seen as gross for being sexual with a large number of people.”

Romero says our generation has grown more and more comfortable with casual sex, so in a way, it’s unrealistic to want someone who’s a virgin or close to it. “I feel like it’s looked down upon whether you are male or female,” Romero says. “But if you are a male it’s more acceptable…guys say they don’t care now, but once they are actually looking to settle down, they are not going to want someone who hasn’t had more sexual partners than them.”

At the end of the day, it’s really your prerogative to decide if a number really is just a number -- or not.
Is chivalry really dead, or are we just distracted? It seems like our dates have turned into hangouts and our hangouts have turned into hookups, but is that true for everyone? While a true gentleman might be harder to find nowadays, that doesn’t mean they don’t exist.

Dillon Peterson, a Central Washington University (CWU) senior, dating today is summed up as a “shit show”, because people get into relationships without creating a friendship first, and that simply does not work.

CWU freshman special education major, Sydney Anderson agrees, and explains that casual dating without any real commitment is due to people’s lack of actually wanting to be in a relationship. “I think relationships are based off of sex now in our generation,” Anderson says. “The old fashioned kind of asking a girl out really isn’t there.”

THE INTERNET MADE US DO IT

The point of ‘dating’ before becoming official is to get to know the other person, to learn about who they are and what they like instead of jumping into something. But with today’s access to social media, you can find out nearly every detail you would ever need to know about a person before dating them just by “creeping” on their Facebook page. Dating apps like Tinder have made it easy for people to neglect traditional approaches to dating where men and women truly show each other respect.
Anderson expresses that this “hook-up style” of casual dating fueled by social media and pop culture is degrading to the generations before us. “When you get off Tinder, you’ve got to actually have a connection with someone,” Anderson says. “It is all about looks; it’s not about personality anymore. “Netflix and chill” revolves around looks and sex.”

CWU junior social services major, McKenna Potter says, "We’re lazy, and we don’t like to plan things out or put effort into things anymore.” She explains that because of social media and texting, you can do pretty much anything from the comfort of your home. Why pay for a movie when you can just watch it for free right from your room anyway? "It used to be more about the date, than the person. Now I feel like it’s more about the person than the date," says CWU sophomore special education major, Emma Rotter.

When you’re so smitten by that special someone, it’s easy to let the value of chivalry fly out the door. Male or female, organized dates demonstrate appreciation for your significant other, and show that you truly care about making them happy.

**INSTANT GRATIFICATION**

Our society has become increasingly more addicted to instant gratification. This may be what has lead "Netflix and chill" to become the new dinner and a movie. The term "we’re talking” has replaced the statement of "we’re in a relationship”, because it's a quicker gateway to hooking up, rather than working for the other's trust.

CWU junior communication studies major, Sydney VanderHorst, agrees that it's technology that is making us lazy in our social lives, which affect people's approach to dating. “I want people to just try a little harder and go back to the traditional ways of dating,” VanderHorst says.

**CHIVALRY TODAY**

In regard to chivalry, Chance Davis, CWU senior public relations major says, "I think that it's dead for some people, but for others it's not. If you have a family with strong morals and ethics, then I would think that treating a girl like a lady would be a strong [moral] that you believe in.”

Guys take the blunt side of the argument since they are typically pressured to court the lady and make all the first moves. Maybe chivalry isn’t dead. Maybe we’re just too expectant of Prince Charming, or maybe this all roots back to how we were raised to treat others.

Overall, it seems that the consensus is that if you’re trying to start a genuine relationship, do not ask someone to “Netflix and chill” in your bedroom.
Absinthe, commonly referred to as the “Green Fairy,” is a highly-alcoholic botanical spirit that originated in Switzerland in the 18th Century. Popular among 18th and 19th century artists and writers, (including someone in particular who may have lost his ear), this drink was often portrayed as an addictive psychoactive drug because of the chemical compound, Thujone, which is present in trace amounts.

The spirit has been banned in several countries including the United States, but a revival of the drink made with a safe amount of Thujone is now sold in stores.

Despite the inevitable tales of hallucinations, Absinthe is a drink that can be enjoyed just as traditionally as a nice whiskey or cognac. Because of its interesting history, many people don’t touch absinthe when looking for something to drink. However, Absinthe is completely safe, non-hallucinogenic and can be made into hundreds of different types of delicious cocktails.

Next time you go out on the town and want something to drink, try one of these delicious drinks made with Absinthe instead.

Recipes from Pulse’s Tayler Shaindlin, a former bartender.
**ABSINTHE DRIP**

The most traditional way to enjoy the Green Fairy is with sugar and water. This dilutes the strong taste and gives it more of a sugary-sweet flavor instead of being overly-intense.

**INGREDIENTS:**
- 2 oz Absinthe
- slotted spoon
- sugar cubes
- ice cold water

**INSTRUCTIONS:**
1. Pour 2 oz Absinthe in a tall glass.
2. Place slotted spoon across rim of glass.
3. Place a sugar cube on top of slotted spoon.
4. Slowly pour 6 oz ice cold water over sugar cube.
5. Stir drink gently to ensure sugar is fully dissolved.

**TASTES LIKE:** Black licorice

**THE JADED LADY**

Not much for strong spirits? This cocktail of Absinthe, white wine and citrus elements is a diluted but classy drink you can make for a party… or if your mom comes over.

**INGREDIENTS:**
- 1 oz Absinthe
- .05 oz Vodka
- .05 oz Sauvignon Blanc
- 1 oz Freshly squeezed lemon juice
- 1 oz lemon-parsley infused simple syrup (see ingredients below)
- 3 drops aromatic bitters

For garnishing:
- 1 lemon, a few sprigs of fresh mint leaves

For simple syrup:
- 1/2 bunch parsley (chopped)
- 1 cup water
- 2 1/4 cups raw cane sugar
- zest and juice of 3 lemons

**INSTRUCTIONS:**
1. With a small grater, zest and juice three lemons into a measuring cup and set aside.
2. Over medium heat, dissolve 2 ¼ cups sugar in 1 cup water, add parsley, lemon juice and zest. Stir until bubbling, let cool to room temperature.
3. Add all ingredients to cocktail shaker with ice. Stir, do not shake, and pour into glass.

**TASTES LIKE:** Very hard lemonade

**CHRYSANTHEMUM**

This drink is one of many that can be customized completely to your liking. Whether you just want an aftertaste of alcohol, or if you prefer it strong, this drink is adaptable to any taste palate and occasion.

**INGREDIENTS:**
- 1 teaspoon Absinthe
- 2 tablespoons Benedictine liqueur (not as expensive as it sounds)
- 1/4 cup Dry Vermouth
- ice
- 1 orange peel

**INSTRUCTIONS:**
1. Stir the Absinthe, Benedictine Liqueur and Vermouth in a cocktail shaker or glass.
2. Stir again with ice in glass, then strain into a glass (without ice).
3. Squeeze an orange peel into drink, then drop into glass.

**TASTES LIKE:** A bubbly black licorice soda

**DEATH IN THE AFTERNOON**

Ernest Hemingway claims to have invented this simple, but classy concoction. Nobody knows whether this is true or not, but one thing is for certain: don’t take his advice by drinking three to five of these bad boys in one sitting.

**INGREDIENTS:**
- Champagne
- Absinthe

**INSTRUCTIONS:**
1. Pour 1.5 oz Absinthe into a champagne flute.
2. Top with 4.5 oz Champagne.

**TASTES LIKE:** A bubbly black licorice soda
BEYOND THE BAG

Before you shove your hand in that bag of powdery, cheesy goodness, take a step back and think about spicing up those boring Doritos by making something even more delicious with it. When you get yourself in the right state of mind, the possibilities are endless. Trust me. Take a look at a few recipes you can make using the Dorito flavor of your choice.

DORITOS CHEESE BOMBS
(Recipe from Pillsbury.com)

INGREDIENTS:
2 cups taco-flavored tortilla chips
1 can (16.3 oz) Pillsbury™ Grands!™ Flaky Layers refrigerated biscuits
16 cubes (1 inch) Mexican prepared cheese product with jalapeño peppers (about half of 16-oz loaf)
Canola oil for deep frying

1. Using food processor or re-sealable plastic bag and rolling pin, crush tortilla chips into fine crumbs. Set aside.

2. Separate dough into 8 biscuits; cut each in half. Gently stretch each biscuit half around 1 cube of cheese; pinch to seal well.

3. Coat each stuffed biscuit evenly and completely with crushed chips.

4. In deep fryer or 3-quart heavy saucepan, heat oil to 350°F. Fry 2 stuffed biscuits at a time until golden brown on all sides. Remove from oil to paper towels to drain. Cool slightly before serving.
**DORITOS CASSE ROLE**
(Recipe altered from http://www.spendwithpennies.com)

**INGREDIENTS:**
1 pound ground beef
1 package taco seasoning
¼ cup milk
2 cups cheese, divided
1 cup sour cream
1/2 cup salsa (medium or mild)
3/4 can of tomato sauce
¼ tsp. chili powder
¼ tsp. cumin
1 bag of Doritos, any flavor (approx. 11oz)

1. Preheat oven to 350F.

2. Brown the ground beef and mix in the taco seasoning according to package directions. Let cool slightly.

3. In a bowl, mix together milk, 1 cup of cheese, sour cream, salsa, tomato sauce, chili powder & cumin. Stir in ground beef.

4. Open the bag of Doritos and give them a slight crush. You want the pieces to be fairly large, not crumbs.

5. In a 2qt. casserole dish, layer ⅓ Doritos, ½ of beef mixture, ⅓ Doritos, remaining ½ of beef mixture, remaining Doritos. Bake for 25 minutes, top with remaining 1 cup of cheese and bake an additional 15 minutes or until cheese is melted & bubbly.

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**DORITOS DRUMSTICKS**
(Recipe from http://www.theblackpeppercorn.com)

**INGREDIENTS:**
4 boneless skinless chicken breasts or dumsticks
1 large bag of Doritos, nacho flavor (or flavor of choice)
2 cups buttermilk
2 cups flour
1-2 tsp. cayenne pepper (optional)
4 eggs
cooking spray, optional

1. Cut the chicken into thin ½ inch strips (keep the chicken on the drumstick).

2. Place the chicken in a bowl and pour in the buttermilk. Stir so the chicken is coated in the buttermilk. Cover the bowl and place in the fridge for about 2 hours.

3. Using a food processor, crush the Doritos so that they are a texture similar to panko or coarse breadcrumbs. Set aside in a large bowl.

4. Place flour and optional cayenne pepper in one bowl and eggs in another. Whisk the eggs so that they are well scrambled.

5. Preheat oven to 400F and spray a baking sheet with cooking spray.

6. Set up the four bowls in order: 1. bowl with the chicken, 2. bowl with the flour, 3. bowl with the beaten eggs, 4. bowl with the crushed Doritos.

7. Using a fork, lift out a few chicken strips and let excess buttermilk drain off. Place them in the flour and dredge them in so they are all coated in flour. Lift the chicken strips out of the flour and shake off any excess. Place them in the egg wash and turn them so they are evenly coated in egg. Lift them out of the egg and then drench in the crushed Doritos. Place the coated chicken fingers on the baking sheet. Do this with the remaining chicken strips.

8. Bake the chicken strips in the oven for 15-20 minutes, turning halfway through. If you use drumsticks, keep them in the over for 30-35 minutes.

9. Serve with buttermilk ranch dip, bbq sauce or your favorite dip.
Florence and the Machine

Photos By: Xander Deccio
Design By: Mackenzie Loete

October 27th
At Key Arena, Seattle
Yakima’s Planes on Paper has been making an impact on the Pacific Northwest music scene. The duo, made up of Navid Eliot and Jennifer Borst, created Planes as a side project when both were a part of the short-lived band, Not Amy.

Recently, the band has been blowing up with appearances at Timbrrr, Chinook Fest and Gentleman of the Road to name a few. Next up, the pair will perform with the Yakima Symphony Orchestra at The Capitol Theatre in Yakima in January.
WHAT GOAL ARE YOU CURRENTLY WORKING TOWARDS?
Jen: We’re finishing up the writing for record number three, our first full-length. The process is either really fun or completely horrible, depending on how easily it’s coming at the time.

WHAT WORDS DO YOU LIVE BY?
Navid: I guess, “take it easy,” is the closest thing I have to a mantra, although I don’t actually manage to live by it very often.

WHAT ARE YOU MOST PROUD OF?
Navid: Staying alive into my thirties, and figuring out how make music for a living. Jen: Yeah, I don’t think either of us miss being baristas.

WHAT MISTAKE DID YOU LEARN FROM?
Navid: I think artistically, I spent my early years trying to figure out what everyone else wanted to hear. I wasn’t truly happy with music until I fixed that mistake, and I learned how to make music that was important to me.

WHAT DO YOU LOOK FOR IN A PARTNER?
Navid: I think looking for things in other people is a fool’s errand. You don’t ever really know what shoes are comfy until you have them on your feet for a while. Same with people, I only learned what kind of partner and friends I needed after I had them in my life.

WHAT’S YOUR FAVORITE SONG?
Navid: It’s between ‘Skyscraper’ by Bad Religion and ‘Everybody Knows’ by Leonard Cohen; it’s the cynic in me that loves both. Jen: ‘Rocky Mountain High’ by John Denver. His voice was the perfect voice.

WHAT’S YOUR FAVORITE MOVIE?
Navid: Either The Godfather II or Office Space. Jen: I don’t know if I have a favorite. I don’t really stay awake during movies. I guess when I was a teenager, I stayed awake through ”What Dreams May Come”, and I really liked it.

WHAT’S ONE THING MOST PEOPLE DON’T KNOW ABOUT YOU?
Navid: We’re pretty open people. If there’s any left people don’t know about us, it’s because people aren’t listening to our music. Jen: Speak for yourself! I’m a woman of many mysteries. (laughs)
MONDAY

THE PORCH
$5 Mojitoes from 5 p.m. to close

BLUE ROCK
2:50-6 p.m. Happy Hour

FRONTIER
$1 Domestic Drafts from 6 pm to close

WING CENTRAL
$2 Bud & Bud Light Bottles

STAR LIGHT
$4 Martinis

TUESDAY

THE PORCH
$2 Tacos, $2 Coronas, $3 Well Tequila from 3 p.m. to close

BLUE ROCK
$2 Tacos, $3 Coronas, $5 Moonshine Margaritas

FRONTIER
$1 Domestic Drafts from 6 pm to close

WING CENTRAL
59¢ Wings, Half off Bomb Shots

301
$2.50 Miller Lite 16 oz.

THE PALACE
Taco Tuesday, 79¢ Tacos, $2 Coronas // Pacificos, $3.50 Loaded Coronas

WEDNESDAY

THE PORCH
Wine Wed, $5 All Glasses of Wine

FRONTIER
$2 Whiskey Drinks

WING CENTRAL
$2 Corona, $3.50 Loaded Coronas, $5 CoronaRitas

THE PALACE
$4 Moscow Mule Madness

301
$1 Single Well Drinks for Ladies

ROADHOUSE
All Day Happy Hour
BAR CALENDAR

TH/FRI/SAT

THE PALACE
Taco Thursday, 79¢
Tacos, $2 Corona //
Pacifico, $3.50 Loaded Coronas
*Friday Only-$3
Fireball Shots

WING CENTRAL
$1 off all 101 Beers

301
$4 Slushies

WING CENTRAL
$2 Bud & Bud Light Bottles

HAPPY HOURS

THE PORCH
3-6 p.m. daily

BLUE ROCK
2:50-6 p.m. daily

STARLIGHT
3-7 p.m., 10-close
Half off appetizers

FRONTIER
3-6 p.m., $2 wells, $2
Domestic Drafts, $3.75
Micros, $1 off all pitchers
starting at 6 p.m.

ROADHOUSE
3-6 p.m., 9 p.m. to close

THE TAV
3-5:30 p.m., Half-off
Appetizers, $1 off
pitchers, $2 Wells

HORSESHOE
4-6 p.m. Mon-Fri, $2.50
Wells, $2.50 Domestic
Drafts every Seahawks
Game

THE PALACE
4-7 p.m., $2.50 Wells, $3
Drafts

301
$3 Pitchers of PBR from
9-10 p.m.

WING CENTRAL
$5 Wildcat Tea &
Whiskey