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PULSE - Winter 2016, Issue One

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PULSE

Winter 2016 | Issue One

Valentine's
Day Specials
pg. 22
♡

SPOTLIGHT:
BOUND BY
PASSION
pg. 35

PULSE 8
FEATURES
SWMRS
pg. 60

Local Vines
CHECK OUT THE
LOCAL WINERIES
pg. 26

ONE YOUNG WORLD
HOW FAR WOULD YOU TRAVEL TO FIND PEACE?
pg. 40



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EDITOR'S NOTE

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.

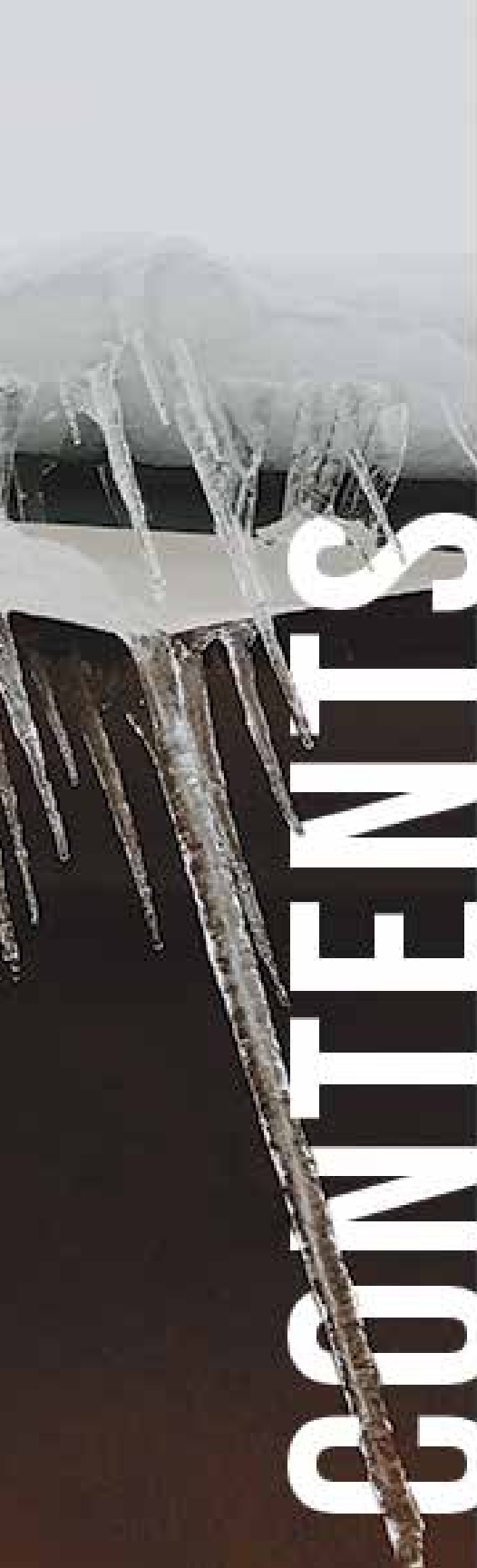
As you flip through this issue, you can find out which group member you are during class projects -- god forbid you're the "know-it-all" or the "ghost" (p.17). We also discuss what it means to "be a man" in modern America (p.35), and we've given you the 411 on stoner etiquette (p.19).

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,

A large, stylized handwritten signature in black ink, appearing to read "Erin". The signature is fluid and expressive, with a long horizontal stroke extending to the right.





LIFE HACKS

- 12 Talking Shit
- 14 Cold Never Bothered Me
- 16 Drink to your Health
- 18 Flying Solo

VDAY SPECIAL

- 22 Celebrating Singleness
- 23 Vday or Dday
- 24 Fleeting Five

SPOTLIGHT

- 26 Local Vines
- 34 Healthy Vines
- 35 Bound By Passion
- 40 One Young World

MIND & BODY

- 46 Plugged In
- 48 Don't Touch My Hair
- 50 Fit In Your Work Out

FOOD & DRINK

- 52 Meatless Mixups
- 54 That Venison Doe

FASHION

- 56 Wardrobe Refresh

MUSIC

- 60 Pulse 8

CALENDAR

- 62 Bar Calendar

ON OUR WEB

CWUPULSE.COM 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

WILDCAT EVENTS

Love reading Pulse? Check out our all new revamped website for even more exclusive content! Pulse web is updated weekly with new photo spreads, stories, videos and student highlights.

VIDEOS

Pulse will be posting exclusive videos made by the students. Past videos include: easy-to-make munchies and a highlight of the new food available in the SURC. Keep checking back for more and stay tuned!

**DONT MISS OUT
ON THE INTERACTIVE EDITION
OF THIS MAGAZINE ON CWUPULSE.COM**

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Pulse Magazine is a student-run lifestyle magazine, available both in print and online at www.cwupulse.com. Student editors make policy and content decisions for the magazine, which serves as a public forum for student expression. Pulse serves the Central Washington University community with informative, engaging and interactive content covering campus and community life, trends and issues, and providing practical magazine and multimedia training

THAT'S MY JAM!

Story by Austin Clark

Music can sometimes fall under the category of "shameful indulgences", and it can be hard to admit how much we love a certain song. Pulse spoke to CWU students and professors to get the skinny on what makes them shimmy.

STUDENTS

Jarad Schraeder
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TRAP QUEEN FETTY WAP

Lesly Paz
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I'M YOURS JASON

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DON'T STOP BELIEVIN' JOUR-

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DON'T DREAM IT'S OVER CROWDED HOUSE

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I THINK I NEED A NEW HEART THE MAGNETIC

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Eric Graham
Biology Adjunct Professor

RADIO RADIO ELVIS COSTELLO

Jan Case
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HELLO

TRIPPI- MUSIC VIDEOS

Story by Jon Olsen-Kozial



A story of a loving mother and her family. This video is tremendous because the contrast of tone in the song and video is so drastic.



Two friends embark on an epic adventure across time and space. The animation in this video is a visual treat.



A journey through a bleak landscape filled with epic beasts. The story telling of OMAM's music is matched perfectly in this strange video.



A Tarantino-esque romp through the desert. The tale of a man, and what he has to do to get back his guitar.



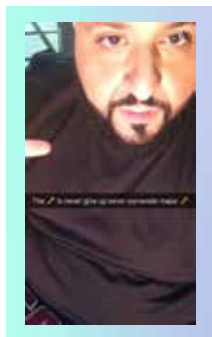
A dark story with a fun sound track.

TO VIEW THE REST OF THE LIST, CHECK OUT OUR BLOG EXCLUSIVE AT CWUPULSE.COM

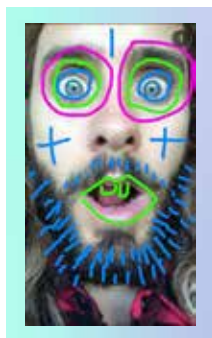
TOP 10 UNDER 10

Story by Taylor Shaindlin

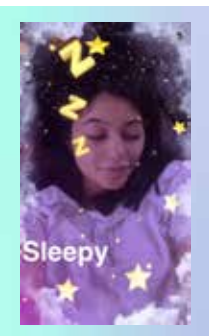
With the birth of Snapchat, came real-time visual updates from any celebrity you could ever really want. From the ridiculous to the inspirational, to the artistic or just drunk, these are the top 10 big name Snapchat accounts to follow.



1. DJ KHALED
@Djkhaled305



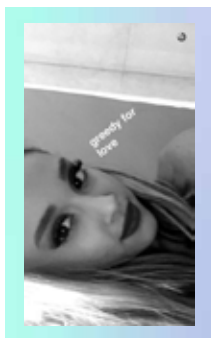
2. JARED LETO
@JaredLeto



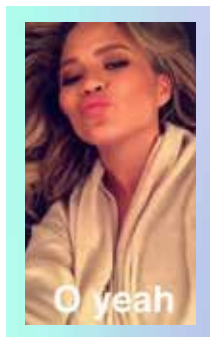
3. KYLIE JENNER
@kylizzlemynizzl



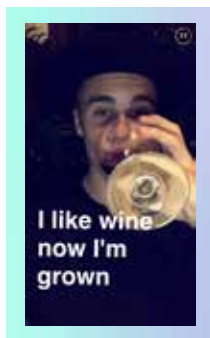
4. CALVIN HARRIS
@calvinharris



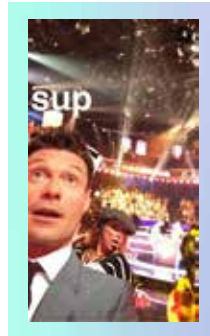
5. ARIANA GRANDE
@moonlightbae



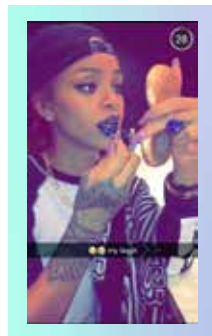
6. CHRISSEY TEIGEN
@ChrissyTeigen



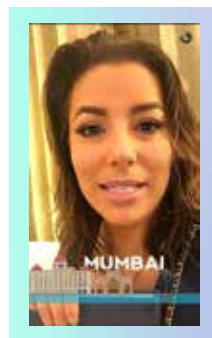
7. JUSTIN BIEBER
@Rickthesizzler



8. RYAN SEACREST
@ryanseacrest



9. RIHANNA
@Rihanna



10. EVA LONGORIA
@Realevalongoria



Story by Tayler Shaindlin
Photos by Tayler Shaindlin & Brielle Rutledge
Designed by Vanessa Cruz

**1. LET'S START WITH THE BASICS:
HOW MANY CATS DO YOU
CURRENTLY OWN?**

- I. None
- II. One
- III. Two
- IV. Three
- V. Four or more

**2. HOW DO YOU FEEL ABOUT
INTERNET CATS?**

- I. There's cats on the internet?
- II. I'm more of a Doug the Pug kind of person.
- III. I don't really understand the point...
- IV. I LOVE THEM!
- V. Are you kidding?! My cat IS internet famous

**3. HOW MANY TIMES DO YOU THINK
ABOUT YOUR CAT(S) OR JUST CATS
IN GENERAL WHILE YOU'RE AT
WORK/SCHOOL?**

- I. I don't unless someone brings them up.
- II. Once in a while.
- III. Every time I look at my cat sweater.
- IV. At least once an hour.
- V. Every minute of every day! -- They're my children, after all.

**4. DO YOU HAVE CLOTHES FOR
YOUR CATS?**

- I. No! Animal clothes are the worst. They have fur for a reason!
- II. No, but my dog has a sweater for when it gets cold in winter.
- III. I got one as a gift once, but I never make them wear it.
- IV. Yes! Each one has a shirt with their initials on it.
- V. DUH, I knit them myself! They should always have the latest fashions.

**5. HOW MANY LINT ROLLERS DO
YOU GO THROUGH IN A MONTH?**

- I. I don't think I even have one.
- II. At least one or two. The dog is the main culprit, though.
- III. One in each room
- IV. 3M sponsors' me.
- V. I never notice it anymore; I just see it as part of my wardrobe.

6. HOW LONG DOES IT TAKE YOU TO DECIDE WHAT TYPE OF FOOD TO BUY YOUR KITTIES?

- I. I just grab whatever's cheapest.
- II. Maybe I'll see if they like something new every once and a while.
- III. It's usually the same thing, but I like buying them new treats!
- IV. Only the finest for my babies.
- V. Cats eat different food than humans?

7. IF YOU GO OVER TO A FRIEND'S HOUSE AND THEY HAVE A CAT, HOW MUCH TIME DO YOU SPEND WITH IT?

- I. I'll give his head a little scratch when he comes to me.
- II. I like picking them up for a little while.
- III. If the cat isn't in the room I get sad.
- IV. I don't even take my shoes off before I'm on the floor scratching his belly.
- V. The cat IS the friend I come over for.

8. ARE YOU IN A RELATIONSHIP?

- I. Already picked out the engagement ring!
- II. Heck yeah.
- III. I guess that guy I found on Tinder was okay...
- IV. One time a guy made eye contact with me.
- V. How dare you use that word!

9. WHAT WOULD BE YOUR RESPONSE IF SOMEONE ASKED YOU TO REMOVE THE CAT FROM THE COUCH?

- I. I'd grab him and put him in my bedroom.
- II. I'd shoo him away.
- III. I'd offer my friend another seat.
- IV. I'd be a little offended, honestly.
- V. MY CAT LIVES HERE. YOU DON'T.

10. HOW MANY TOYS DO YOUR CATS HAVE?

- I. I gave him a ball of string, and sometimes he plays with it.
- II. 3, some old stuffed animals of mine and a ball.
- III. Uh, like 6? --But usually they just use my shoes.
- IV. A shameful amount. Walking around them is like walking through a landmine.
- V. The house is their toy.

TALLY UP YOUR POINTS TO SEE HOW MUCH OF A CRAZY CAT LADY YOU REALLY ARE!

0-10 POINTS

DOG PERSON

Either you don't like cats at all, or you're just much more of a dog person. Which is fine; you'll probably live a much happier life, anyway.

11-20 POINTS

A CAT APPRECIATER

Cats are cool to you as long as they are somebody else's. Still, you often find yourself identifying with their sassy personality and general distaste for most humans.

21-30 POINTS

CAT LADY

You haven't yet earned the title of crazy cat lady, but you're definitely on your way. You treat your little ones with the love and respect they deserve, even if people look at you like you're, well, crazy.

31-40 POINTS

CRAZY CAT LADY

Congratulations! You have earned the title of crazy cat lady, but you haven't yet bought them a leash or anything. Your cats are spoiled rotten, and your friends know they'll be covered in cat hair any time they come over. Lucky for you, you don't have that faint aroma of cat on you no matter how much you shower - at least not yet. Just try not to bring any more strays home, okay?

41-50 POINTS

ULTIMATE CRAZY CAT LADY

You have hit the peak of crazy cat lady status. Other cat ladies look to you for advice, and you have mastered the art of appearing like a normal human being... even though you're just thinking about your cats.

With phrases like, 'Last night was the shit', 'Get your shit together', or 'You scared the shit out of me',-- it's like, holy shit. That word is in so much of our daily language. Yet for some reason, if you giggle or tell a poop joke, you're immature.

Is there an underlying fecal fascination to our overall culture? Or is our vocabulary just circling the toilet bowl and headed straight for the sewer? Either way, you don't have to be a Gastroenterologist (Poop Specialist) to know your shit and what it's telling you.

In our culture, it's sometimes easier to talk about sex with people than it is talking about poop. What many people don't realize is, if you're not pooping properly, something could be seriously wrong with your body.

According to Health Engineer, Jordan Reasoner, research shows that your brain and the good bacteria in your stomach communicate, and as a result, your mood can be affected. This research is suggesting that feeling shitty could be a direct cause of not going to the bathroom.

Let's take a look at the critical elements of the perfect poop. For those of you who have already had the perfect poop, sit back and relax as we take a stroll down memory lane.

*Story by Nick Oliver
Photos by Tayler Shaindlin
Designed by Heidi Thaumert*





HOW OFTEN DO YOU FREQUENT THE PORCELAIN THRONE?

The John Hopkins Journal of Medicine says that you should poop everyday. The range of “normal” is typically one to three bowel movements a day. That means your body is exposing toxins and waste in a healthy manner. However, if you’re taking the browns to the super bowl once a week or five times a day, you should probably get that checked out.

ARE YOU PUSHING TOO HARD?

How easily do your poops come out? It’s normal to bring your phone or favorite read into the can for moral support as you prepare to battle out your own personal World War III. However, the reality is that a normal poop shouldn’t take more than three minutes and should also come out easy. Remember: you’re not giving birth. Pushing or straining can lead to hemorrhoids, which are becoming more common in today’s society. According to gastro-journal.org, “normal” poops strike a balance between not having to force it, but also being able to deliver it as if you couldn’t hold it in any longer.

HOW ARE THINGS LOOKIN’?

The most important part of a well-rounded poop is the quality of it. Every now and then, before you flush, take a look down there to see what’s really going on. The University of Bristol published a study in the Scandinavian Journal of Gastroenterology, which included a report that gave us the Bristol Stool Chart to help further size up our poops. The chart runs on a scale of one to seven, with one to three being considered constipation and with seven being classified as diarrhea. Essentially, you want your poops to look like a log, a sausage or even a snake. They should be smooth and soft, like bits of frozen yogurt.

IS THE TANK EMPTY?

For most people, this is not a factor in their day-to-day “poop life”, although it is important to make sure you are getting it all out with a full evacuation. Do you get it all out in one motion or do you find yourself feeling like you have to go back to finish the job? A ‘normal’ poop is a complete poop; if you never feel a sense of relief, then you are not having the ideal poop.

So, there you have it! A complete guide to knowing your shit.

Maybe there is an underlying fecal fascination to our overall culture. Maybe our vocabulary is just circling the toilet bowl and headed straight for the sewer? Either way, now you know what your shit is telling you.

THE COLD NEVER BOTHERED ME ANYWAY

Story by Taylor Furlleman
Designed by Vanessa Cruz

Utility bills can be so expensive in winter, that switching on the heat the last thing we want to do. But living in Ellensburg, it can become a bone-chilling challenge. It's important to remember that there are other economic alternatives to keeping you cozy, aside from cranking up the heat during the cold months.

Pulse spoke with Norm Woods, Ace Hardware owner and store manager, who gave us some insight on ways to keep your house insulated this winter:

FILM OVER YOUR WINDOWS (TIN FOIL OR THICK CURTAINS WORK, TOO!)

Curtains: *Target* or *Fred Meyer*

Tin foil: your local grocery store

Window insulator: *Ace Hardware* for \$8.00-18.00

WEATHER STRIPS OR SEALANT HELP HEAT FROM ESCAPING THROUGH CRACKS UNDER THE DOORS

Ace Hardware: \$7.00 - \$14.00

HEATED BLANKETS TO COZY UP IN WHEN YOU GET A CHILL

Amazon: \$18.00 - \$50.00

SPACE HEATERS FOR YOUR BEDROOM OR OTHER AREAS OF THE HOUSE

Ace Hardware: starting at \$25.00

HEATING PADS OR HOT WATER BOTTLES

Pinterest can guide you in making your own.

Amazon, a variety of different types, starting at \$11.70

TURN HEAT OFF WHEN YOU AREN'T HOME

Free!

CLEAN AIR FILTERS

They will use less energy to heat the house.

Free!

LET SUN LIGHT IN WHEN POSSIBLE TO HEAT UP THE HOUSE

Free!

RUGS AND CARPETS HELP KEEP HEAT FROM ESCAPING THROUGH THE FLOOR

Find rugs and carpets at your local *Goodwill*, *Fred Meyer* or online at *Amazon*

LEAVE THE OVEN OPEN AFTER USING IT TO ALLOW HEAT OUT

You've already paid for the energy; why not use it twice?

With Ellensburg being only 100 miles from Seattle, it is tempting to make weekend trips for shopping, nightlife, the scenic Seattle waterfront or the legendary Pike Place Market. Although that mere 100 miles can turn into an all day excursion if the weather strikes. The mountain passes can be scary and unpredictable, it's crucial to be prepared for anything that you may encounter along the way. Having a winter emergency kit in your car could save your life if you end up stuck on the pass.

WATER

You can buy a case or gallon to keep in your trunk at Fred Meyer



ROAD FLARES

Amazon.com: \$15.99

FOOD (ENERGY BARS OR DRIED FOOD)

Food of your choice, make sure it is something that doesn't go bad quickly!



ICE SCRAPER

Bi-Mart or Fred Meyer: \$1.29

SAND BAG

Ranch and Home or Fred Meyer

FIRST AID KIT

Fred Meyer, Rite Aid or Bi-Mart starting at \$14.99



TOWEL

Your bathroom closet (or Goodwill if you want a spare one)

FLASHLIGHT (W/ EXTRA BATTERIES)

Fred Meyer, Bi-Mart starting at \$3.59



CAR CHAINS

Amazon starting at \$32.91

CELLPHONE CHARGER

Your personal cellphone carrier store, Fred Meyer, Amazon or Best Buy
Dynex is a great brand that doesn't break your bank, starts at \$7.00

GLOVES

Fred Meyer, Mountain High Sports, Bi-Mart (depending on what kind)



BLANKETS

Your local Goodwill is a great place to find low priced blankets to keep in your car



CHANGE OF CLOTHES

Your own closet!

SHOVEL

Fred Meyer, Bi-Mart, Ace Hardware, or Ranch and Home starting at \$14.99

SMALL TOOL KIT

Fred Meyer or Amazon starting at \$29.99



Drink to your Health

*Story by Katherine Duhrkopf
Designed by Vanessa Cruz*

College is supposed to be a time for venturing out and discovering new things, yet when winter rolls around, the only thing we seem to discover is how to catch what everyone else has. There's not enough medicine in the world to keep these winter colds away or enough space from your friends to keep from catching what they have. Here are some drinks for you to enjoy, if you can taste through that stuffy nose, to help ease the pain and speed up the recovery process.

When you're starting to feel a cold coming on, avoid dairy products, drink EmergenC and take a daily multivitamin throughout the winter.

Chicken Broth



Garlic has sulfur compounds which have antibiotic, antiviral and anti-inflammatory aids while chicken broth speeds up recovery.

with Garlic

Ginger Cayenne



Ginger has antibacterial properties, lemon is infused with vitamin C, cayenne thins mucus and honey soothes the throat.

Honey Tisane

Black Tea



Black tea tightens the membranes in the throat and lemon is infused with vitamin C.

with Lemon

Harvest



Dried jujubes, pears, ginger and cinnamon boiled together in water.

Punch

KABOB HOUSE

MEDITERRANEAN GRILL



Ellensburg Location: **Yakima Location:**

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FLYIN' SOLO

Story by Nicole Valli
Designed by Heidi Thiemert



Nervous and excited: two words to illustrate a first solo trip across the world. In spite of all our worries, it's an invigorating rush, inclining us to become the best form of ourselves. Undergoing a notion of new beginnings and responsibility via the unfamiliarity of the environment and the liberation to wander aimlessly.

Nonetheless, we forget to consider that despite traveling to a foreign location, the world has become so advanced that it is now easily accessible to adjust to exotic environments. Traveling solo, you unconsciously adapt to other senses. You begin to absorb, recognize and become more mindful of all the things that surround you.

More than likely, when taking the plunge, Europe may be the first to come to mind. The continent is vast; lavished with history and culture wherever you may go.

Here are the top four locations to travel alone, according to Cassandra Barrett, a young woman who has traveled to 10 different European countries both alone, and with friends she made along the way.



MUNICH, GERMANY

Munich is an extremely scenic location with century-old buildings, including numerous museums within the city. Compared to Berlin, it is a nice contrast because it embraces a more relaxed nightlife consumed with bars and pubs rather than a typical, fast-paced scene.



BARCELONA, SPAIN

Barcelona is a vital location to travel alone for the first time; Tourism flourishes in this city, along with nightlife, markets and beautiful beaches. The location is best suited for walking. Be mindful, Barcelona is a tourist attraction, so be attentive when it comes to money and don't get sucked into the traps; always opt for the more local spots.

EXPENSES

FOOD

Water: Not free in European restaurants. Water is free in Iceland, due to the abundance of pure water.

Expensive in the more populated cities. Try to go to the more local/authentic shops and/or food carts when budgeting.

HOSTAL

\$15-30/ per night
 - Prices fluctuate on weekends
 - Consist of free WIFI

PUBLIC TRANSPORTATION

Taxis- \$8-10
 Averages are dependent on the city. Each site offers different accommodations

FLIGHT

\$200-\$500
 Plan ahead and look at one-ways, allowing you to set the tone for your trip

Although every place is different, they are all very similar in an uncanny way. We each have our own culture, beliefs and life, but by immersing ourselves in another culture, you begin to appreciate everything that the world has to offer.



BERLIN, GERMANY

You will never feel alone when in Berlin. During the day city is lavished with history, while still attaining the biggest nightlife scene. No matter where you find yourself you will easily make friends. Berlin is consistent- there is always something to do.



REYKJAVIK, ICELAND

As the capital of Iceland, Reykjavik is a prominent spot for a home base; surrounded by museums and natural pools. For transportation, it is most ideal to rent a car. Beware of currency rates in Iceland because the exchange rates are higher than most. Nevertheless, the locals are incredibly kind, the hostels are efficient and the language barrier is non-existent.

CELEBRATING SINGLENES

Story by Sammi Stewart
Photo by Mackenzie Loete
Designed by Heidi Thaumert

You're single on the most mushy-gushy, coupled-up day of the year... So what? You are strong, independent and you don't need a Valentine! Who says you have to have a significant other to enjoy your day? Pulse put together a list of 10 not-so-romantic activities you can do this year on February 14th that don't involve being in relationship.

TREAT YO'SELF

Since you're not spending money on someone else, why not spend it on yourself? Buy yourself that watch, pair of shoes or new outfit that you've been eyeing for weeks!

PICK UP AN OLD HOBBY

Maybe you haven't had time to write, read, hike, cook or whatever it is that you like to do. Make time to focus on yourself, and enjoy what you love.

WATCH YOUR FAVORITE MOVIE

Being single means you don't have anyone to argue with over the control of the remote. So take this opportunity to watch your favorite flick, criticism free.

GET A PEDICURE

This applies to gals...and guys. Sit back, relax and let someone else take care of you, maybe even massage your feet.

VDAY-OR-DDAY

Story by Sammi Stewart
Photos by Mackenzie Loete
Designed by Heidi Thaumert

Once a year, couples splurge on candy and gifts for each other as a way to declare their feelings. But sometimes, our expectations exceed reality...

Pulse asked students around campus to share their most romantic or most horrifying memories of Valentine's Day. Here's what we came up with:

NAME Amanda White
GRADE Senior
MAJOR Clinical Physiology

"My fourth grade boyfriend gave me a Valentine and on the inside it said, 'I like you, but I like Emily more.' Emily was my best friend at the time. So he broke up with me on a Valentine [card] and then him and Emily started dating at recess," White says.

NAME Cassidy Oliphant
GRADE Junior
MAJOR Business

"In the seventh grade, my boyfriend gave me a pink Build-A-Bear and my first kiss. I broke up with him the next day. Oops," Oliphant says.

HIT THE TOWN WITH YOUR SINGLE FRIENDS

Round up the rest of your friends that are spending the day alone and have a fun night out on the town! **BONUS:** A good way to meet other singles.

TRY SOMETHING YOU'VE ALWAYS WANTED TO DO

Whether it's a new food, hobby, workout or other activity, we all have something we've kept in the back of our minds that we have always wanted to try out. Like Nike says: "Just do it!"

WRITE YOURSELF A LOVE LETTER

What better way to remind yourself how awesome you are than writing down your favorite qualities about yourself? Keep it tucked away for whenever you might need a pick-me-up later in life.

VOLUNTEER AT AN ANIMAL SHELTER

They do say that no one will love you better than a pet can. Not only will you get your puppy or kitten fix, you will also leave with that rewarding feeling of helping out in your community.

HOST A PARTY

Gathering all of your closest friends together for a party will keep you busy and give you a night to spend with not one, but all of those "special someones" in your life.

HIT THE GYM

If you start feeling down about being alone, there's no better way to pump up your spirits than sweating it out at the gym.

NAME Andrew Dodd
GRADE Senior
MAJOR Supply Chain Management

"Last year my girlfriend and I lived apart. She had to work and my car wasn't working so I couldn't make it over the pass. I sent her flowers and gifts through the mail, but turns out, she had managed to switch shifts with someone and surprised me by showing up in Ellensburg," Dodd says.

NAME Alyssia Ready
GRADE Senior
MAJOR Recreation & Tourism

"A few years ago, I had to drive my then-boyfriend to help his ex-girlfriend fix her car. We missed dinner and ended up eating at Taco Bell," Ready says.

Thankfully, Ready wasn't completely out of luck because she also had a more recent, romantic Valentine story.

"Last year, my boyfriend had told me all day that he didn't have any money to do anything, so I thought that we were just going to spend the evening together and make food. But when I got to his house, he had dinner already ready on the table with flowers, wine, chocolate and a stuffed elephant (my favorite animal)," Ready says.

NAME Savannah Isbey
GRADE Senior
MAJOR Public Relations

"Freshman year, my boyfriend showed up 30 minutes before my first class with his car covered in Valentine's Day gifts... except we weren't dating anymore. He asked where I wanted to go to dinner. I told him we should make it lunch," Isbey says.

FLEETING FIVE

Story by Martha Cordenas
Designed by Mackenzie Loete

One of the best parts about college is that you have the opportunity and the freedom to date whoever you want. And chances are, you'll date lots of different types of people until the find the right fit. So while you're out there trying to find Mr. Right, we've put together a list of who you'll probably stumble upon along the way.

THE JOCK

This guy absolutely worships the gym and enjoys binge drinking protein shakes. He'll love himself more than he'll ever love anyone else. He'll spend most his time checking himself out in the mirror, always have his shirt off and will never own a t-shirt with sleeves.

THE FRAT STAR

Star: If you don't want non-stop craziness and boozing, you'll definitely get tired of this guy. At first, his popularity and fast-paced life will excite you, but then you'll then realize he's not only interested in you but also the pack of girls who hangout at the frat.

THE SENSITIVE GUY

The innocent, needy and slightly too sensitive guy. He'll enjoy staying in with you to watch Netflix for hours, love cuddling and will share his every feeling with you. But after a while, you'll realize he's smothering you and you're bored.



THE SMART ASS

This guy will think he's smarter than everyone in the room. He'll be rude and cocky and it won't be not hard notice. His world will revolve around being better than everyone else and making snarky comments. He'll be undermining, judgmental -- and absolutely annoying.

THE PSYCHO

This guy will ask you where you were if you didn't answer and didn't call him back right away. He'll text you a million times, getting angrier and angrier with every text, most likely insecure and constantly paranoid you'll find better. He'll see you as more as a possession rather than a partner. The sex will be amazing and that'll be what blinds you to realize your toxic relationship.



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Local Vines

You may have seen a local wine on the shelves of your local grocery store or on the menu of your favorite restaurant in Ellensburg, but do you really know what it takes to make that delicious beverage you sip on so often?

Pulse chatted with three winemakers around the Ellensburg area and got the low down on the process involved with providing such a luxury item. It's not all as romantic as it may seem.

*Story by Ashtyn Mann
Photos by Tayler Shaindlin
Designed by Mackenzie Loete*

KIM & TROY GOODREU

\ \ Thrall & Dodge Winery

It took Kim Goodreu 30 years to find her way back to Troy Goodreu, but it was well worth the wait. The couple is the owners of Thrall and Dodge Winery, located just eight miles down the road from Cox Canyon Vineyards. Goodreu first dated her current husband of two years 30 years ago when she was still finishing school. “He was my first adult love,” Goodreu says.

After going their separate ways all those years ago, Goodreu finished school and worked as a social worker for 20 years while Troy became a contractor—but he never did give up his passion for winemaking. The two reconnected about three years ago and have been working on building their dream ever since.

“This has all been a baptismal in red wine for me,” Goodreu says. “I’ve learned a lot.”

Thrall and Dodge is family ran and operated and all winemaking is done on sight. In fact, Goodreu’s family hand built the log cabin where the winery is located. Thrall and Dodge Winery just celebrated its 10th anniversary of being a licensed and bonded and just signed a lease for their very first tasting room in Kittitas. Owning a winery isn’t all glamorous.

Goodreu (Troy) works as a contractor during the week in Bellingham and spends his weekends farming in Ellensburg. All of the winemaking is done by hand and according to Goodreu, she has the biceps to prove it. It also requires a lot of patience because once a barrel of wine is made; it may take up to four years of aging for it to be ready to be bottled.

“That’s the sad thing...you have to wait four years for some wine,” Goodreu says.



Q & A

Name: Kim Goodreu

Hometown: Ellensburg, Wash.

Occupation/job title: Winery Manager

Winery name: Thrall and Dodge Winery

Specialty Varietals: Syrah, Chardonnay, Merlot, Riesling and red blends made up of: Malbec, Cabernet Sauvignon and Merlot.

Favorite varietals to make: “The reds. I would think Troy would favor Syrah, I like Merlot,” Goodreu says. “It smells like love.”

One thing she wish she knew before getting into the business: “I did not realize that it could be grapes or potatoes or corn or cows: farming is farming,” Goodreu says. “There is a lot of solitude in farming. I wasn’t prepared for that, coming from the city life.”

Favorite winery in Ellensburg (besides her own): Ellensburg Canyon Winery

Favorite wine/food pairing: Riesling with a Granny Smith apple and a big hunk of cheddar cheese.



GARY COX

\\ Cox Canyon Vineyards
\\ Ellensburg Canyon Winery

Gary Cox was born to make wine.

His vineyard, Cox Canyon Vineyards, was first planted in 1999 for his and his wife's personal pleasure until about four years ago, when they had the vineyard licensed and bonded so they could start selling commercially.

That was the birth of the Ellensburg Canyon Winery. (Full Disclosure: the author of this article is currently developing a wine label with Cox.) You may have seen the sign when you were exiting off of I-90 Westbound to the city of Ellensburg, but Ellensburg Canyon Winery is much more than just a logo on a freeway sign.

Cox fell in love with the idea of winemaking when he was a graduate student at Washington State University in the mid 70s.

"I was walking down the hall one day as a grad student and there was a sign for free wine tasting, so of course I went," Cox says. It turns out that the "free wine tasting" Cox attended was actually a case study being done by Walter Clore, who Cox refers to as the "father of the Washington wine industry," and his colleague, Charles Nagel. This case study would be the start of the Washington Wine Project, which was being done to figure out whether or not Washington State could grow *Vitis Vinifera* (the grape species used to make wine), and it was wildly successful.

Cox ended up being an environmental health and safety manager for various major companies such as Hanford, Lockheed and Raytheon for quite some time, until he came back to the wine business to pursue his true passion of winemaking. When you look out into the distance past Cox's vineyard, you can see a cougar head etched into the side of the mountain. "That was the omen," Cox says.



Q & A

Hometown: Chicago, Ill.

Occupation/job title: Vigneroneer

Winery name: Cox Canyon Vineyards, Ellensburg Canyon Winery

His winery: Located on 17 acres, 5 that are in production in the Columbia Valley AVA, Yakima River Canyon.

Specialty Varietals: Riesling, Cabernet Franc, a little bit of Chardonnay and Malbec.

Favorite varietals to make: "I like big reads—a Bordeaux blend," Cox says.

One thing he wish he knew before getting into the business: "To make a small fortune, you must start with a large one," Cox says. "In other words I thought I could make money in this but it's extremely competitive."

Favorite winery in Ellensburg (besides his own): Swiftwater Favorite wine/food pairing: Sauvignon Blanc and Oysters

Advice for future winemakers: "If it's not on the vine, it's not in the wine. Great wine comes from great vineyards," Cox says.



ANDREW WISNIEWSKI

\\ Swiftwater Cellars

Andrew Wisniewski isn't your typical winemaker.

Don't let the young age fool you; this guy knows what he's doing. It all started when he was 15 years old, working at a local grocery store in Portland and helping restock the wine bottles on the shelves.

"I just chatted with the wine buyer and it got me more interested," Wisniewski says. "All I have ever really known [since then] is winemaking."

Wisniewski is the winemaker for Swiftwater Cellars, a luxury winery in Cle Elum that focuses on high end bottling. According to Wisniewski, the winery sources grapes from about 10 different growers from Washington and Oregon. Wisniewski's mom was involved in the marketing side of the wine business, but he liked it for different reasons.

"I can talk people's ear off about wine, but I am not a good sales person," Wisniewski says. "So it wasn't ever my forte to do what my mom did."

When it comes to talking about his age, it doesn't even faze Wisniewski.

"I don't really care about age, whenever I talk to people they bring up the age thing, it kind of is what it is," Wisniewski says. "I knew what I wanted to do when I was young and went after it."



Q & A

Hometown: Niagara Falls, NY

Occupation/job title: Winemaker Winery
name: Swiftwater Cellars, Cle Elum, Wash.

His winery: Located in Suncadia resort
Specialty Varietals: Cabernet and Cabernet dominate blends

Favorite varietals to make: "My favorite wine to make is Pinot Noir. It really expresses its lineage, where it's from—very distinctive and reflective of the terroir," Wisniewski says. "It can be powerful and exulting or elegant and graceful."

One thing he wish he knew before getting into the business: "I didn't know that it was as much hard work as it is. A lot of people's perception of winemakers is a very romantic type or person—[they don't know] how much hard work, blood, sweat and tears, goes into each bottle," Wisniewski says. "People who don't know the interworking of the industry take it for granted. It is a very long process that has a lot of different evolutions that happen that make the wine the way it is."

Favorite winery (besides his own):
Cayusse winery

Favorite wine/food pairing: Foie gras or duck with Pinot Noir
Advice for future winemakers: "It's long, it's a lot of hard work and it's something that requires a lot of passion, dedication and patience, but the reward is there when you see people tasting your wines and enjoying them." Wisniewski says. "What you're doing is a little bigger than just making wine."



Healthy Vines

Story by Brienna Petersen | Design by Mackenzie Loete

Ah, red wine: the juice of the Gods, an emotional girl's best friend and sometimes the creator of the rough morning hangover you didn't know you could get. Some even say that it is filled with antioxidants and is actually good for you -- or is it?

General consensus on this question: It is! Red wine has a long list of health benefits you might not have known you were reaping as you sipped. Now this isn't to say that you should go out, buy a bottle of Barefoot or Yellowtail and consume the entire thing regularly. We'll get to the serving size later.

As for the benefits, here are just a few, according to a study performed at Oregon State's College of Agricultural Studies:

- ✓ Memory Protection against Alzheimer's Disease
- ✓ Mimics gym time when it comes to the heart due to Resveratrol's antioxidant properties, and under study for possible anticarcinogenic effects (This doesn't mean trade cardio for a nice Shiraz!)
- ✓ Cancer treatment and prevention, thanks to the antioxidant Quercetin, which helps reduce allergic responses or boost immunity
- ✓ Promotes long life! 34 percent lower mortality rate than other alcohol drinkers
- ✓ Lowers the risk of heart disease and stroke

You might be wondering how in the world red wine does all of this, and why Friday night's tequila on the rocks or Jack n' Coke won't have the same results.

It all starts with red wine tannins, which give wine its color and contain procyanidins. This class of flavonoids are known for preventing heart disease, and resveratrol also helps remove chemicals known for causing blood clots. In fact, a daily dose of red wine could cut your blood clot-related stroke by about 50 percent,

according to the Oregon State study described on medicaldaily.com. And that's not to mention the benefits from wine in general.

Miranda Porterfield, a Global Wine Studies professor at Central Washington University, explains that the question, is red wine good for you is multi-faceted, as benefits for one person may not be beneficial for the next.

Porterfield says that the simple pleasure of a balanced wine combined with a complementary food pairing are all some people may need for sensory satisfaction. For others, simple, non-complex wines that provide enough alcohol to relax may be all the benefit needed after a long day. So not only are there a few medical benefits, but some mental ones as well.

Porterfield's preference? Altesina Brunello di Montalcino, but, she says, to reap the full benefits you should drink what you like. "In a saturated, globalized market, there is a wine for everyone," Porterfield says. "If you prefer the \$5 bottle on the bottom shelf at Fred Meyer, your pocket book is fatter. If you must follow the trend, the \$15-25 bottle may need to be a weekly treat."

Now, back to serving size: no ladies and gents, one serving of wine is not equivalent to an entire bottle or a giant glass filled to the brim. A recommended serving size for red wine is roughly five ounces, according to Popsugar's article, "You May Be Pouring Too Much Wine in Your Glass." For reference, that's about the size of a Dixie cup.

So go get yourself a bottle of red wine, kick your feet up and relax with a less "guilty" pleasure than others. Mentally and physically your body will thank you. Whether you want to spend a pretty penny on yourself, or just scrape up some spare change to buy a \$5 bottle, some may be better than none. Bottoms up!

BOUND BY PASSION

"Dance, when you're broken open. Dance, if you've torn the bandage off. Dance in the middle of the fighting. Dance in your blood. Dance when you're perfectly free." - Rumi



KATHRYN FREY



Even though she has been professionally training for the last 10 years, Kathryn Frey, 19, had her first ballet class at the age of 3. A recent high school graduate, Frey remembers a time between classes and homework where she spent between three and six hours every evening in the studio; the high demand of being a ballerina comes with a painful truth.

“If I told you that ballet was hard, it would be an understatement and I wouldn’t feel like I was speaking the truth if I said that it didn’t try any dancer’s spirit. Ballet is one of the most beautiful art forms in existence, but it is also very much of a sport. Physically, ballet is extremely demanding. It requires an extraordinary amount of stamina, strength, flexibility, and balance. The human body was not made to naturally lift our leg to touch our

ear or dance gracefully on our toes for hours. Toenails falling off, sore muscles, injuries, and bruised and calloused feet are all things dancers have to physically endure on a daily basis. A lot of people have the misconception that ballet is just merely looking pretty while dancing around in sparkly tutus and glittering tiaras, and although we can do that, there is so much more to it. What a lot of people don’t realize it that the competition to get contracted by a professional ballet company is as fierce as it is to make it onto the Olympic team. [Although] a ballerina should be the epitome of beauty; exquisite, ethereal, graceful, and powerful at the same time.... there is a side that remains shadowed behind the grand curtain that people don’t like to talk about.

The struggles faced by young dancers appear in many forms. For Kable Barnhart, 21, his struggles stem from not beginning dance at a young enough age. In order to “be with the pack,” Barnhart was determined to work as hard as he could to catch up when he did start, beginning with ballet and branching out into styles like jazz and tap.

“If the choreographer keeps changing it day after day, then it gets on my nerves. But for

me, I do not like to show that it is on my nerves. When I am in the work place I am focused and ready to learn. Like Abby Miller says, ‘Save your tears for your pillow.’ I agree with that.”

A positive attitude and a determination allows Kable to be bound to his craft in a way that is all his own.

KABLE BARNHART



You might have heard the audition-booster, “confidence is key,” but some things are easier said than done. Over the course of 17 years in dance, Kayla Schaffroth, 21, recalls a time where self-doubt was a big hurdle for her craft.

“There was one time, when I was learning an extremely advanced combo in a contemporary class with tons of tricks, all these kids were flipping around like crazy and kicking their heads off. I felt so discouraged and could have

left the room, but instead I was determined to give it all I had. With the use of every bone and muscle in my body, I finished the dance confidently and walked off to the sidelines disappointed... As a dancer, I have doubted my abilities many times in my life. It’s a continuous process of reassurance and confidence in my talents and hard work...It’s not about how many turns you can do or if your battement can go past your ears. It’s about how you feel and move to the sensations of the music.

KAYLA SCHAFFROTH



MACKENZIE BROWN



A dancer's lifestyle can take a toll on the body physically, mentally and emotionally. The days can feel so long and exhausting when paired with such high demands, which Central first-year student Mackenzie Brown, 19, knows all too well.

"Some days are harder than others for me to remember why I am doing this. My schedule is completely crazy and sometimes I wonder how I do it. I am in classes from 9 a.m. to 5 p.m. with a one hour break every day.

After that I have rehearsals for CWU's Mary Poppins from 6 p.m.-10:30 p.m... After all of that, I head to work and work from midnight until 7 a.m. and then go back to class at nine. Now, I don't do every night, but enough for it to take its toll. Some days I just want to crash on the couches in the hallway because I haven't slept and my body is exhausted from dance or rehearsals. But at the same time, I know what I'm here to do. Every time I see one of my classmates reach one of their goals, I'm reminded of why I do this.

One Young World

*Story by Shaima Shamdeen
Photos by Shaima Shamdeen & Will Dickerson
Designed by Heidi Thæmert*





YOUNG WORLD one



SHAIMA SHAMDEEN



We already know that poverty results in conflict. However, the issues that we face today are vastly more complex than what they appear to be. Decades of economical, psychological and spiritual turmoil have conditioned human beings to become detached and disillusioned.

I was only four-years-old when my family fled Kurdistan in an effort to escape Saddam Hussein's regime. Despite being so young, I was certain that the unruliness of events that transpired that night was out of the ordinary. In the years following, I grew to realize that just as war is not the norm for most people, neither is peace.

The idea of living free of scarcity, insecurity, delinquency and terrorism are considered by many to be a fantasy. Such an ideal can feel like too heavy of a burden to work towards, so most people have surrendered this responsibility to global and political leaders. It wasn't until I took a trip across the world to unearth the possibilities for peace, that I realized how vital each individual's role is in turning this fantasy into reality.

THE LAND OF SMILES

For four days, over 1000 revolutionaries from over 190 nations came together to discuss not only their vision, but also the tangible actions they have taken towards transforming life for the people in their communities. Maybe it was just a coincidence that Bangkok, Thailand was the meeting destination, but the country affectionately known as the Land of Smiles demonstrated how people no different than you and me had the potential to positively impact entire societies.

No matter where the delegates were from or what the injustice they were fighting against was, everyone at the summit shared the common belief that injustice anywhere is a threat to justice everywhere. Peace was the goal, and the determination to change lives trumped all geographical and cultural differences. For nearly 12 hours each day, the young visionaries, all under the age of 30, gathered to debate, formulate and share innovative solutions for the most pressing issues.

The One Young World summit gave a new meaning to what it truly means to be human. I was given the opportunity to step outside of my privileged American view of the world and meet individuals like Abeer Dawood of Palestine, who is empowering women living under government occupation in Middle Eastern regions, and Mazin Khalil of Sudan, who is saving lives with his digitalized healthcare.

Many of the delegates were both risking and sacrificing their lives in order to remind humanity of its importance and value. I was in the presence of people like Raymond Mungujakissa of Uganda, who is fighting against child marriage in his country, or Lina Khalifeh of Jordan, who has empowered over 10,000 women by teaching them self-defense; what I witnessed before me was something that could only be described as magical.

OPERATION REVIVAL

Humanity desperately requires a new way of thinking in order to survive. We must take accountability for the role we play in this home we call Earth. What we do at an individual level can influence the global environment in ways that we cannot fathom. We affect each other's hearts; we affect each other's minds.

As empowering as the summit was, there were times when I felt overwhelmed by the bravery that the delegates and ambassadors embodied. The vast societal impact of their accomplishments made me question my place amongst them. It's easy to feel helpless or undeserving, but we mustn't allow our own insecurity to.

"NO MATTER WHERE THE DELEGATES WERE FROM OR WHAT THE INJUSTICE THEY WERE FIGHTING AGAINST WAS, EVERYONE AT THE SUMMIT SHARED THE COMMON BELIEF THAT INJUSTICE ANYWHERE IS A THREAT TO JUSTICE EVERYWHERE."

"THE ONE YOUNG WORLD SUMMIT GAVE A NEW MEANING TO WHAT IT TRULY MEANS TO BE HUMAN."



PLUGGED

PRESS PLAY TO STUDY

Story by Mandi Ringgenberg
Designed by Heidi Thamer

How much work you get done in a day depends on the music you listen to. Music brings us into a state of focus and creative imagination, while allowing us to travel across a broad spectrum of emotions. It can make us smile, give us strength or bring us back to a moment in time. Music can center our minds to find

focus, possibly explaining why so many people are “plugged in” while they study.

It’s not a bad thing to be physically and emotionally attached to your Spotify playlist, but we must ask ourselves one very simple question: Does music actually enhance your level of concentration and help you study better?

STAYING ON TRACK

Central Psychology professor Dr. Stephen Greenwald believes listening to instrumental music or no music at all is optimal for studying material that requires a lot of focus. If you are studying something that demands your undivided attention, it's probably a good choice to stick to the instrumental stuff. Our brains require so much of our focus while we study, that it can be extremely hard to listen to our favorite genre of music as it may become quite distracting.

Greenwald, who has been studying cognitive neuroscience and the general impact music has on brain stimulus, says music has the ability to evoke and "stimulate certain emotions" in our brains. No matter the genre, Greenwald points out that music overall has the capability to bring out certain thoughts and feelings that could affect how much work we get done in one sitting.

FINDING YOUR GROOVE

At the end of the day, it's really about how much each person can fully devote their attention to their studies.

Mal Stewman, academic success coordinator for Central student athletes, believes students should use music if helps them feel comfortable and stay productive. Stewman says that he notices a lot of students would rather put their headphones on while studying or walking around on campus than talk to people.

"It gives [the students] the ability to 'etch-out' their own space", Stewman says. "It sets a tone to have headphones; it almost implies that they're working."

Regardless of the genre you decide on while study-

ing or what previous studies have shown, it really comes down to personal preference. Everyone processes the effects of music differently, so if Bob Marley helps you cruise through those algebra problems faster than Beethoven, then go with what works best for you.

SETTING THE VIBE

Music is a great way to keep us motivated and inspired to be creative, while also staying in the zone. Central freshman, Jonnae Richardson says that music helps give her "this flow, this vibe." It allows her to be in a cognitive groove and keeps her productivity on track while also staying focused on her studies.

Dr. Greenwald suggests listening to music that excites the body and increases heart-rate has the potential to be distracting while studying. The simplest of things, like the strikes of percussions or the electronic tempo of a song, may throw off our cognitive productivity and our workflow.

In an undergrad study conducted at Western Connecticut State University, researchers asked a selected group of college students to listen to classical, rock or no music at all while completing a written task. The study concluded that those who listened to rock didn't perform as well as those listening to classical or no music, but overall, performance levels weren't drastically different.

"IF YOU LISTEN TO MUSIC WITH LYRICS...YOU DON'T DEEPLY PROCESS [HOMEWORK] WHEN YOU'RE STUDYING [BECAUSE] YOUR BRAIN PROCESSES THAT," GREENWALD EXPLAINS.

ARTISTS TO HELP YOU GET INTO THE STUDY GROOVE

AMBINATE <https://soundcloud.com/ambinate>

BONOBO <https://soundcloud.com/bonobo>

EXPLOSIONS IN THE SKY <https://soundcloud.com/explosionsinthesky>

THE GLITCH MOB <https://soundcloud.com/theglitchmob>

RANDOM RAB <https://soundcloud.com/random-rab>

TYCHO <https://soundcloud.com/tycho>

YPPAH <https://soundcloud.com/yppah>

STUDYING PLAYLIST

<http://8tracks.com/sorako/altocumulus>



DON'T TOUCH MY HAIR

Story & photos by Bailey Williams
Designed by Vanessa Cruz

If you're not black, you probably don't have people asking you regularly to touch your hair. So you probably also don't understand how annoying that can be.

Whether it stems from curiosity, attraction or just plain rudeness, personal space seems to fly out the window where black hair is concerned.

Newsflash: black people aren't petting zoos!

SHOW SOME RESPECT

It appears that intrigue is the main cause for people's uninhibited petting of black hair. It may seem obvious, but people apparently forget that a big afro or intricate braids aren't public property just because they pique their interest.

"Their need to satisfy their curiosity goes beyond their respect for me as a person," says University of Washington graduate Manjit Golden. "They see my hair as a novelty and don't realize that there is a person attached to it."

It's great to want to learn more about black hair, but using someone you don't know as a tool for your education is wrong. As Liz Dwyer instructs in her popular blog, *Los Angelista*: "Please don't try to use my hair as some sort of cultural learning experience."

"Even though there's an expectation that everyone should respect each other, the reality is there are times when that just isn't met," CWU student Sydney Morgan says.

A lot of people don't realize how long it takes to get black hair the way you want it. Some hairstyles can take two to three hours, and others can take more than a day to get done.

"Hair is a work of art and these hairstyles require patience," CWU student and hairstylist James Todd says.

You wouldn't walk into the Smithsonian and smear your fingers all over the paintings, right?

DONT DO IT!

"I don't like it when people touch my hair without asking," says Seattle resident Darline Jean-Baptiste. "It annoys me."

Even though it happens a lot, Jean-Baptiste says she tries not to overreact when people touch her hair and will just politely tell them to stop.

She's not alone in experiencing this annoyance. Central students and twin sisters, Rinah and Riah Bentley, share the same beef with strangers touching their hair.

"I'd say about three times a day," Rinah says, grabbing her own hair with an annoyed look. "Everyday. Everyday."

Rinah says it makes her feel uncomfortable. "It's like I'm a freak show; it makes me feel like my hair is like a rug or something."

People seem to forget there's a person beyond the hair, Riah adds. "It's as if it's not connected to my head, and [people] can just pull and grab."

"It's one of those things [that] you think is okay because it doesn't happen to you," Rinah suggests.

NO MEANS NO

So, let's say you politely ask to touch someone's hair and they say no. Do you do it anyways? No! And you have to be okay with that response.

"What pisses me off is when people ask my permission and still touch it anyways," UW grad Golden says, adding it "happens more often than it should."

Central student Morgan agrees. "It's demeaning that people think that it's okay to 'pet' us. And if I say no, all of the sudden, I'm the problem."

So, next time you hear someone complain about people touching their hair, think of how annoying it must be to experience it everyday. Don't touch people's hair without their permission: it's disrespectful.

fit in your workout

Story by Tara Coluccio & Kayla Reynolds

Photos by Tara Coluccio & Kayla Reynolds

Designed by Heidi Thaevert

Juggling school, work, roommate drama and your social life can be a struggle for any college student and heading down to the gym as a beginner can be an even more daunting task. It may be winter, but don't hide in hibernation! Beach season is creeping around the corner. Here are workouts to add to your daily routine to burn extra calories without the unnecessary, awkward locker room encounters



Abs & A's

Put those abs to work with some flutter kicks while you're studying for those good grades.



Brush & Lunge

You can work on your dental hygiene and your glutes with side lunges during your evening routine.

Learn & Lift

Build your brain and body with these easy, fat burning leg lifts while you study on the couch.



Netflix & No Chill

Just can't get enough of Jessi from New Girl? Use your down time to get down to the floor with these arm dips.

Burn that couch potato goodbye!



Playlist

- worth it** - fifth harmony
- 7/11** - Beyonce
- Loaded** - G Eazy (ft. DJ Carnage)
- Problem** - Ariana Grande
- Anaconda** - Nicki Minaj
- Bang Bang** - Jessie J (ft. Ariana Grande & Nicki Minaj)
- Uptown Funk** - Bruno Mars
- This is how we do it** - Montel Jordan
- Jump** - Kid & Play
- 679** - Fetty Wap
- Wop** - J Dash
- Hips Don't Lie** - Shakira
- Jumpman** - Drake & Future
- Hey Y'all** - Outkast
- Temperature** - Sean Paul
- Turn Down for What** - DJ Snake & Lil Jon
- Sexy Back** - Justin Timberlake
- Lose Control** - Missy Elliot
- Partition** - Beyonce



Fold it & Hold it

To avoid folds on your legs, try wall-sits while folding your laundry. This 90 degree angle will have you looking good when it's 90 degrees!



Raise & Rinse

Work those calves while washing your pile of dishes with some calf raisers.



Dyson & Dip

Vacuum your way into your #BootyGoals by throwing lunges into the mix

Study into a 6 Pack

Get those washboard abs started with planks while you're reviewing your textbook.



Crunch Time

Cram in those crunches when watching your favorite TV show or videos for class.

MEATLESS MIX-UPS

Being vegan doesn't mean you have to say goodbye to comfort food and flavorful entrees. Today's market allows for so much more variety than salads and tofu for the rest of your life. These hearty alternatives to your favorite American classics will have you questioning why you didn't go vegan sooner.

*Story by
Design by Mackenzie Loete*



SPAGHETTI & MEATLESS MEATBALLS



INGREDIENTS

1 zucchini, ¼ C chopped onion, ½ C mixed chopped bell peppers, ½ C broccoli, 1 tbsp olive oil, 1 tsp onion garlic powder, 1 tsp oregano, 1 tsp cayenne, ¼ tsp pepper, 1-2 dashes of salt, 3 Gardein meat-less meatballs, ¼ C pasta sauce of choice

DIRECTIONS

Preheat the oven to 425 F and line a baking sheet with parchment paper. While the oven is preheating, wash cut the onion, broccoli and bell peppers. In a bowl, mix all the dry ingredients. Add the chopped vegetables into the bowl and toss. Place the vegetable mix and meatballs on the baking sheet and bake for 12 minutes. While those are baking, us a spiralizer to spiralize the zucchini. Heat oil in a sauté pan on medium high, and add the noodles and pasta sauce. Cook for 4-7 minutes, or until soft.

*Serves 1

CALIFLOWER BUFFALO WINGS



INGREDIENTS

Batter: 1 head of cauliflower, ½ C non-dairy milk, ½ C water, ¾ C all-purpose flour, 2 t garlic powder, 2 tsp onion powder 1 tsp cumin, 1 tsp paprika ½ tsp sea salt ½ tsp ground peper Sauce: 1 tsp butter substitute 1 C Frank's red hot sauce

DIRECTIONS

Preheat the oven to 450 F and line a large baking sheet with parchment paper. Cut cauliflower into bite-sized pieces. In a bowl, mix all the ingredients for the batter. Dip the cauliflower pieces into the batter and coat evenly. Place the coated pieces on the baking sheet & place it in the oven for 25 minutes; flipping throughout. Melt the butter substitute and combine with the Frank's sauce in a large bowl. Remove the cauliflower from the oven, add them into the bowl, toss and coat evenly. Place the cauliflower pieces back onto the baking sheet and cook for another 25 minutes.

*Serves 2-4

CHICKPEA TUNA SALAD



INGREDIENTS

15 oz, can chickpeas, 1/3 C finely chopped dill pickle, 1/3 C finely chopped celery, ¼ C finely chopped red onion, 1/3 C vegan mayo, 1 tsp lemon juice, ½ tsp old bay seasoning, ¼ tsp sea salt, ¼ tsp ground pepper

DIRECTIONS

Rinse and drain chickpeas. Mash them in a bowl. Add the remaining ingredients and combine well. Store in the fridge for later use. Serve with your favorite sandwich toppings.

*Serves 4-6

BLACK BEAN BURGER



INGREDIENTS

1 small onion, chopped 1 C fresh, canned corn kernels, 1 C black beans, drained 1 C brown rice, cooked ¼ C oat flour (or ground, rolled oats) 1/3 C tomato sauce 2 tsp cumin powder 1 tsp paprika 1 tsp chili powder 1 tsp salt Black pepper or red pepper flakes to taste

DIRECTIONS

Sauté the onion and corn in water or oil spray for ten minutes, or until golden and soft. Add beans and tomato sauce. Stir until all ingredients are warm. Place rice and mixture from the sauté pan into a food processor. Pulse quickly. Add spices and oat flour. Pulse until thick and sticky, but still textured. Shape into 4-6 patties; pan fry until browned. Serve with favorite burger fixings.

*Serves 4-6



THAT VENISON

doe

Big game hunting season is over. Time to put the camo and guns away, and take the apron and grill out. Put this year's kill to use with these three simple recipes.

*Story by Jon Olsen-Kozioł
Design/photos by Mackenzie Loete*



VENISON TACOS

INGREDIENTS

Ground venison
Olive oil
Avocado
Corn Tortillas
Cheese
2 cloves Garlic
Seasoning (chefs choice)
Crushed red pepper

DIRECTIONS

1. Mince garlic. A pinch of salt helps mince it smaller.
2. Prep and slice avocado and grate cheese.
3. Turn the stove to medium high heat.
4. Put venison in pan with the garlic and season as desired.
5. When meat is done., put taco together and enjoy.



VENISON STROGANOFF

INGREDIENTS

Ground venison
Stroganoff noodles
1/2 can of chicken broth
1 can of cream of mushroom soup
Onions
Mushrooms
5 cloves of garlic
½ cup of flour
Woreschtshirre sauce
Seasoning (chefs choice)
Spoonful of butter

DIRECTIONS

1. Cut up onions and mushrooms, and garlic. Put off to the side.
2. Turn the stove on to medium or medium low temp.
3. Put venison in pan with the garlic and season as desired.
4. Once meat is rare add onions and mushrooms. Let simmer for about 10 minutes.
5. While all this is going on you should get a pot of boiling water for the noodles.
6. Add one can of cream of mushroom soup to the meat and stir.
7. Add ½ can of chicken broth and the ½ cup of flour and stir. Once the veggies are tender it is done.



VENISON BOWL

INGREDIENTS

1 serving rice
Can of green beans
Raw spinach
4 cloves of garlic
Spoonful of butter
Garlic salt
Pepper
Sriracha

DIRECTIONS

1. Mince garlic. Turn the stove to medium heat.
2. Cook rice using directions on package.
3. Put venison in a pan with garlic and season as desired.
4. Heat pan to medium heat. Add butter to pan and add green beans when butter is melted. Add garlic, salt and pepper.
5. When meat is medium-rare add the spinach and stir occasionally.
6. Cook meat until it is brown all the way through but still juicy. If it is red meat a tad under cooked is always better than over cooked.
7. Combine rice, meat, and green beans in a bowl. Top with Sriracha and enjoy

wardrobe *refresh*

High school called,
and it wants its wardrobe back.

The feeling of nostalgia comes flowing in when reminiscing on collections of colored Vans and retro crewnecks. While this outfit is fit for a confused, hormone raging teenager, once graduated, people tend to stick to what they know.

People, the time is now! Leave all those high school outfits just where they belong: in high school.



LIZANDRA MARENGO

APPAREL, TEXTILES AND MERCHANDISING / SENIOR

THEN: Fashion has always been something of interest to Marengo, but even she wasn't above following the pack. I have always had very simple style. In high school I worked at a clothing boutique that sold high-end clothing, mostly jeans so I wore a lot of Big Star Denim, Rock Revivals, Miss Me's, etc., Marengo says. Only because I worked there and didn't really have anything else to spend my money on at the time. Vans and Converse were very popular as well so I made it my mission to buy them in all different colors.

NOW: Since being in college, I think that my style has just expanded. I have accepted more risky trends, things that I normally would have thought were just a little too out there, says Lizandra Marengo, a senior at Central Washington University.



JACOB PERRY

APPAREL, TEXTILES AND MERCHANDISING / JUNIOR

THEN: I tried to dress out of the ordinary...I would wear tall t-shirts and really skinny jeans, Perry says. Once I graduated, I grew up and changed my style.

NOW: Perry describes his current style as very minimal and not big on graphics. He sports plain tees, basic jackets and hoodies and says he prefer[s] silhouette and drape-like [material], maybe a sweater that has baggy sleeves.

ADVICE: Be yourself. Don't listen to anyone. I got so much hate in high school for wearing these tall t-shirts...people would say I was wearing a dress. If you like something, wear it, Perry says.



ELIJAH COMBS

UNDECLARED / SOPHOMORE

THEN: I just wore shorts and t-shirts. Then junior and senior year, I changed to the casual cardigan and ripped jeans, Combs explains.

NOW: Combs defines his style as street or urban kind of clothes.

ADVICE: Regularly in bold patterned shirts and ripped jeans, Combs picks and chooses rather than trying to be defined by a style.



SOPHIA WALSH

APPAREL, TEXTILES AND MERCHANDISING / SENIOR

THEN: I probably only own 10 things that I wore when I was in high school, most of the items being shoes and jewelry, Walsh says. In high school, I shopped at Forever 21, Pac Sun, Hollister, Aeropostale, American Eagle and Love Culture.

NOW: "I shop at Free People, Urban Outfitters, various thrift stores, Macy's, Zara, Nasty Gal and Nordstrom. I think my style is more narrow and focused, in high school I didn't know what I wanted my style to be, Walsh says.

ADVICE: Once I stopped caring what people thought of me I dabbled with different styles until I found that I felt most like myself wearing simple and bohemian clothing, Walsh says.



JESSE LEAUPEPE

APPAREL, TEXTILES AND MERCHANDISING / JUNIOR

THEN: I was really into graphic tees and gaudy jeans -- mostly stuff that I saw on Jersey Shore. We see people in the media and how they are and try to envision ourselves in that lifestyle, Leaupepe says.

NOW: [I'm] not really into prints or anything, Leaupepe says. I like a plain white t-shirt or a [simple] crewneck. I'm into the simple things, and I'm all about layering.

ADVICE: Basics are a staple. But when it comes to our fashion now and where it is going, long-line [cuts are] becoming more and more of the norm for men. Once I started wearing longline shirts, I don't think I could ever go back to the shorter shirts, Leaupepe says.

KASSI MYERS

UNDECLARED / JUNIOR

THEN: Myers frequently donned Juicy jackets, school sweatshirts Ugg boots and yoga pants, not really breaking away from the crowd until her senior year. Even though those days are two years behind her, Myers says she has changed the way she looks at fashion.

NOW: Since being in college I think my style has become more neutral based. Blacks, whites, grays, tans and olive greens are my favorite colors to work with, Myers says. I do have lots of colorful pieces but I advise to stick to the basics. I also love printed yoga pants. I pair them with a black or white top and my Nike roshes and I'm good to go.

ADVICE: I still shop at the same places basically, but I just have a better eye for what I want now, it's all about taking pieces and making them work, Myers says.



SWMRS

OAKLAND, CALI

PULSE 8 PRESENTS

Formally known as Emily's Army, this four-piece band transitioned from pop-punk into a neo-punk, riff-heavy powerhouse with socially conscience lyrics. From dying their hair with Miley Cyrus to escaping Los Angeles, SWMRS wants you to be yourself and not give a damn what anyone else thinks.

Brothers and bandmates Max and Cole Becker, shed some light on their new album, *Drive North*, coming out on Feb. 12th and some life lessons they've learned along the way.

*Story by: Tanner Chambers
Design by: Mackenzie Loete
Photos: Uncool Records,
Alice Baxley, Steve Rowe*



WHAT WORDS DO YOU LIVE BY?

Max: Sensitive as shit.

Cole: [The songs] Drive North and I just want to be uncool.

Drive North is a rally cry for everyone else outside of LA. A lot of it is [about] is coming of age and creating the identity in the world you live in. It's just about embracing where you're from and loving it. And hating Los Angeles.

WHATS ONE THING PEOPLE DON'T KNOW ABOUT YOU?

Cole: We both have girlfriends.

Max: Cole's is more recent, I just don't want random people sending her crazy shit, you know?

WHAT ARE YOU MOST PROUD OF?

Cole: Drive North. Listening back on it, it's amazing to think about that record as just as a piece of our souls.

Max: Yeah, a year ago today we didn't even know what we were doing.

WHAT MISTAKE DID YOU LEARN FROM?

Max: You can't do everything. At some point, you have to realize what your job is within the industry and then have a team that does all the other stuff. It took 11 years of being in a band to make me realize that I write songs. I'm not a producer, not an engineer, I'm not a band manager, I just write songs and play in a band on stage.

Cole: It's been a wake up call to all of us, the way Emily's Army fizzled out it was important to us to have a handle on all of our affairs. Now we're all very aware of what's going on. Not doing everything yourself, but at the same time let someone else's expert opinion have influence.

WHAT DO YOU LOOK FOR IN A PARTNER?

Cole: Mutual respect, listening, and talking in the cool amount.

WHAT'S YOUR FAVORITE SONG?

Cole: I like Joey Badass a lot.

Max: I think Vince Staples is fucking awesome. I think what's cool about Vince Staples is [that] his production is so modern, it's ridiculous.

WHAT'S YOUR FAVORITE MOVIE?

Max: I'm more into the Godfather. It's weird because it makes you really like fucked up people, but there's some sort of glamour to the aesthetic of Godfather. It's killing people and cheating, it's kind of fucked up.

Cole: I like "Do The Right Thing" a lot. Actually, "High Fidelity", it's awesome.

WHAT ARE YOU CURRENTLY WORKING TOWARDS?

Max: Drive North. We mixed rock with a lot of low end production. It comes out February 12th.

Cole: We're going on tour with The Freights soon; it's going to be a fun tour

ELLENSBURG

MON

THE PORCH

\$5 Mojitos
5 p.m. to close

FRONTIER

\$1 Domestic Drafts
6 pm to close

WING CENTRAL

\$2 Bud Light Bottles

STAR LIGHT

\$4 Martinis all day

TUES

THE PORCH

\$2 Tacos, \$2 Coronas,
\$3 Well Tequila
3 p.m. to close

STARLIGHT

50% off all liquor
9 p.m. to close

BLUE ROCK

\$2 Tacos, \$3 Coronas,
\$5 Moonshine Margaritas

FRONTIER

\$1 Domestic Drafts
6 pm to close

WING CENTRAL

59¢ Wings, Half off Bomb
Shots

VALLEY CAFE

\$5 Schooner & Shot Combo
All day Happy Hour

301

\$2.50 Miller Lite 16 oz.

THE PALACE

79¢ Tacos, \$2 Coronas

WED

THE PORCH

\$5 All Glasses of Wine

STARLIGHT

Bottles of Wine 20% off

FRONTIER

\$2 Whiskey Drinks

WING CENTRAL

\$2 Corona, \$3.50 Loaded
Coronas, \$5 CoronaRitas

VALLEY CAFE

Ladies Night
5 part meal & two glasses
of Sangria, \$35

THE PALACE

\$4 Moscow Mules

301

\$1 Single Well Drinks for
Ladies

ROADHOUSE

All Day Happy Hour

BAR CALENDAR

TH/FRI/SAT

HAPPY HOURS

STARLIGHT

\$5 Teas
Thursdays
9 p.m. to close

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
\$2 Bud & Bud Light
Bottles

301

\$4 Slushies

THE PORCH

3-6 p.m. daily

BLUE ROCK

2:50-6 p.m. daily

STARLIGHT

3-7 p.m., 10-close

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 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

VALLEY CAFE

3-6 p.m., 8-9 p.m.
All day Tuesday





FRIDAY, FEBRUARY 12
11-1 IN THE SURC PIT



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CELEBRATE VALENTINE'S DAY
WITH OUR NEW PRINT EDITION

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