

Winter 2016

PULSE - Winter 2016, Issue Two

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PULSE

Winter 2016 | Issue Two

"MODEL"
STUDENTS

STUDY HALLS &
CASTING CALLS

LA MADE
GRAFFITI ART
PHOTOSPREAD



CHECK OUT THE
NEW BREWERY

WHIPSAW

* SPOTLIGHT *

PLUS SIZE PARADIGM

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EDITOR'S NOTE

I began attending Central during the fall of 2015 as a transfer.

Initially, I thought I wanted to major in broadcast journalism. Needless to say that quickly changed when I somehow magically fell into the hands of Professor Green, Pulse's faculty advisor, during my first quarter at CWU. I told her that I loved music, and that I loved to write. The following quarter, Professor Green took me under her wing and showed me the ropes of Pulse. Lindsey, the previous EIC, and she even went so far as to offer me an editorial position for the mag's music section. From there on out, I was a digital journalism major and I never looked back.

I had always felt like the dumb, goofy kid in school that no one ever took seriously, but Pulse somehow gave me purpose and a sense of self-worth. As the months went on, I got to be a part of something so much bigger than myself -- while happily geeking out to grammar, of course.

I've made life-long friendships and helped create a product I am excited to share with those I love and even strangers. I can say honestly that Pulse has shaped the person I've become in the best ways. Has it always been painless? No. Has it been stressful and chaotic at times -- a lot of times? Yes. But I think it's because that trite saying by Confucius is true, about how all good things are never easy to achieve.

As I step out of my position as Editor-in-Chief and pass on the torch to our new leader, Bailey Williams, I feel fortunate to have seen Pulse flourish in a way I think many of us hadn't ever imagined. And we've got to do some pretty cool stuff so far; last month, the other editors, designers and I flew down to California for a journalism conference for a few days. During those days, we spent hours in seminars and sessions learning how to improve our skills and magazine. We even placed fourth in Best of Show nationally against schools like Pepperdine and Cal State Fullerton. But, not like I'm bragging or anything...

Signing off,

Brielle Rutledge
Editor-in-Chief

A stylized, handwritten signature in bright pink ink that reads "Brielle Rutledge". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.





CONTENTS

LIFE HACKS

- 10 Which Roommate Are You?
- 13 The Back Tire
- 14 Summer Internships
- 16 Sleeping with Technology

OUR TOWN

- 18 Drinking Our Cut, Sharing the Rest

SPOTLIGHT

- 24 Plus Size Paradigm
- 30 Places to Go Before They're Extinct
- 34 Pulse Captures the Street Art of Melrose Ave

FASHION

- 42 "Model" Students

MIND & BODY

- 48 Stages of an All Nighter
- 50 Bow to the Brow

SPORTS

- 52 Baseball Bliss

FOOD & DRINK

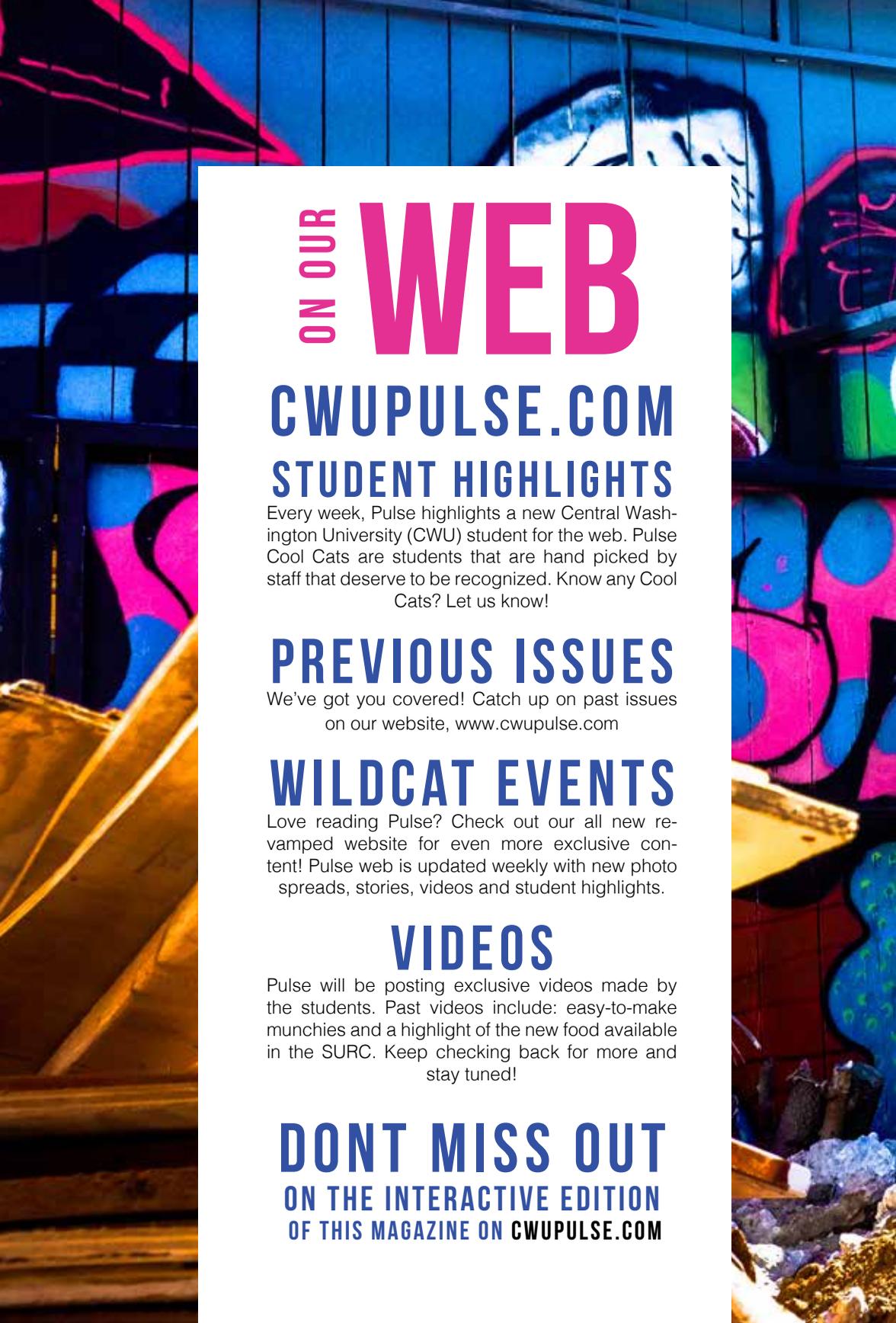
- 54 C'mon & Coupon
- 56 Shopping Savvy

PULSE 8

- 58 Fauna Shade
- 54 Kung Foo Grip

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 deserve 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

PULSE POLLS

IF YOU COULD, WHERE WOULD YOU GO FOR SPRING BREAK?



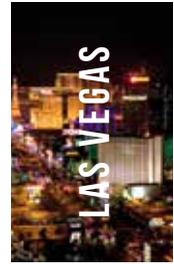
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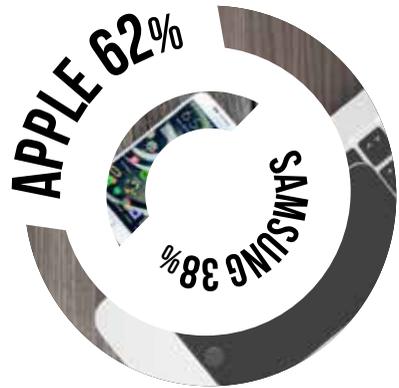
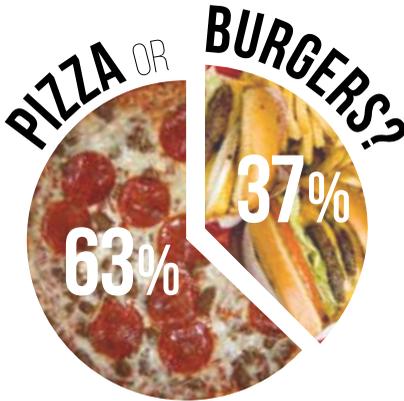
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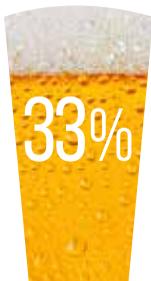
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FAVORITE BEER?



COORS LIGHT



BUD LIGHT



KEYSTONE



IRON HORSE



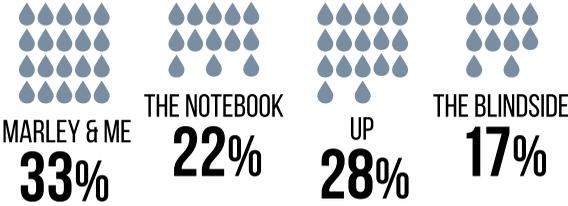
MAC N JACK'S



MANNY'S

Polls conducted by Nick Oliver, Brienna Petersen & Katherine Duhrkopf
Design by Vanessa Cruz

WHAT MOVIE MADE YOU CRY?



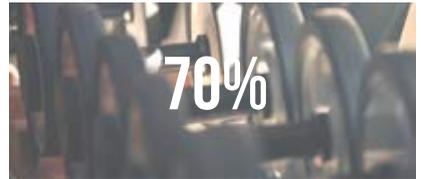
FAVORITE BRAND?



BEER, HARD ALCOHOL OR WINE?



GYM?



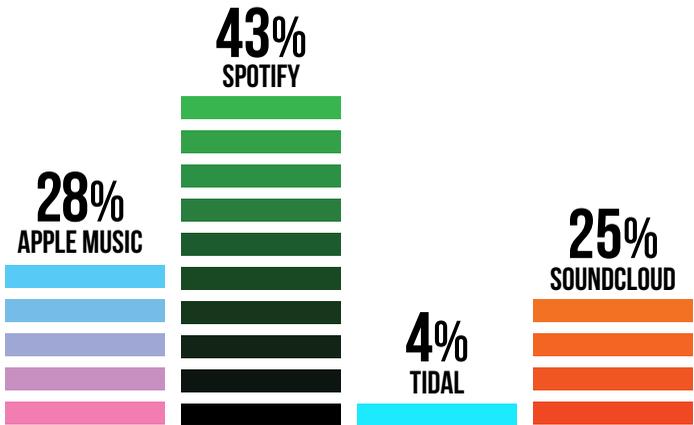
YOGA?



WHAT IS WORKING OUT?



WHAT'S THE BEST MUSIC STREAMING SERVICE?



WHICH ROOMMATE ARE YOU?

Story by Tara Coluccio
Design by Vanessa Cruz

1. YOU OPEN THE REFRIGERATOR TO POUR YOURSELF A TALL GLASS OF MILK, ONLY TO FIND THE CARTON ALMOST COMPLETELY GONE. YOU:

- A. Talk to your roommate about it
- B. Don't care enough to do anything
- C. Leave a post-it note
- D. You would never leave your milk in a shared space
- E. Drink the rest, and put the carton back in the fridge

2. HOW SOON AFTER USING DISHES DO YOU CLEAN UP AFTER YOURSELF?

- A. ASAP
- B. Within a day
- C. Before bed that night
- D. You use plastic plates
- E. Well...

3. IT'S A TUESDAY NIGHT, AND YOU REALIZE IT'S DEAD DAY TOMORROW, YOU:

- A. Catch up on laundry
- B. Rage
- C. Go to a friend's house
- D. Start a new Netflix series
- E. Kick your feet up and order Dominos

4. AFTER A STRESSFUL WEEK OF CLASSES AND WORK, YOU:

- A. Clean
- B. Go out on the town
- C. Nap for days
- D. Binge watch Netflix
- E. Play video games

5. YOU'RE GOING DOWNTOWN FOR THE NIGHT, YOU GO TO:

- A. The Blue Rock
- B. 301
- C. The Tav
- D. What are these places?
- E. Shooters

6. IT'S MONDAY OF FINALS WEEK. YOU DON'T HAVE ANYTHING TOMORROW, BUT YOU DO HAVE THREE PAPERS DUE LATER IN THE WEEK. YOU TAKE THIS EXTRA TIME TO:

- A. Complete all papers
- B. Throw a beer pong tournament
- C. Make a to-do list
- D. Make a dent in your assignments
- E. Probably forget about them until Thursday night

7. IT'S TIME FOR DINNER, YOU DECIDE TO:

- A. Eat one of your pre-prepared meals
- B. Go to Taco Tuesday
- C. Have whatever is left of yours that your roommates haven't already eaten
- D. Microwave a Hot Pocket
- E. Have cereal served in something other than a bowl

8. YOUR ROOMMATE IS GOING THROUGH A BREAKUP, YOU OFFER SUPPORT BY:

- A. Letting them talk it out and give advice
- B. Buying a bottle of wine... or two
- C. Awkwardly try to listen to them
- D. Give them space
- E. Avoiding them at all costs

MOSTLY A's THE CLEAN FREAK

You're equal parts organized and efficient. Not only does an messy binder drive you crazy, but the thought of dishes in the sink might actually drive you to the brink of insanity. You are the designated parent of the house, constantly cleaning up after everyone else.

MOSTLY B's THE PARTIER

Your collection of empty fifths on top of your cabinets is unrivaled. Thirsty Thursday, Wasted Wednesday and Topsy Tuesday were made just for you. Homework is secondary to going out and having a good time. Whenever another roommate wants to have a wild night, they know you're the one to call on.

MOSTLY C's THE POST-IT LEAVER

You absolutely hate conflict, but you hate your roommates eating your food even more. Passive aggressive comments or notes are your lifeblood. Your passive aggressive notes lead to spiteful situations, but you don't care. Why make anything a confrontational face-to-face conversation, when you can make it extremely uncomfortable instead?

MOSTLY D's THE HERMIT

You can typically be found hanging out in your room, and the only time you ever emerge is while you do laundry or you're on your way to school. And let's face it: your relationship with your Netflix account receives more attention than your roommates.

MOSTLY E's THE SLOB

You hate doing the dishes. Not only that, but the countertop being covered in crumbs has never bothered you. In fact, you haven't even thought about it until just now. To you, it's completely acceptable to abandon your load of laundry in the washer for weeks, and leaving your hairs on the shower wall seems more artistic than disgusting.

the BACK TIRE

Story by Tanner Chambers
Design by Heidi Thaumert

We all know what it's like to be the third wheel. Your friend and their "friend" decide to use you as the fallback (just in case things get awkward). As you're bolted onto the back of the tricycle, Snoop Dogg's *Ain't No Fun (If The Homies Can't Have None)* starts playing in your head like elevator music. Congratulations! You're a third wheel. But not to worry, we've given you six ways that your trio can be the three best friends that anyone could have.

BE ON THE LOOKOUT

Your friend is going to look at you for your input regarding his/her significant other. See some weird flaws when your buddy isn't looking? You better report that ASAP.

BE THE WINGMAN

Essentially, your friend asked you to be there to fallback on you in case things get awkward or weird. When your buddy needs to take the bench, it's your time to shine. Tell embarrassing (but not too gory) of stories about your friend. Their potential significant other will love it, and you'll get on their good side.

THEY AREN'T A HUNK OF MEAT

Your friend's significant other is a person, so talk to them! You guys might have more in common than you think.

CHECK YOUR PHONE

Have a cluttered email? Grandma poking you on Facebook? Time to catch up on everything you didn't have time to do earlier this week.

INVITE A FOURTH WHEEL

Turn that tricycle into a quad! Try to see if your friend's new eye candy has a friend that can also tag along. Might as well try to make some friends while you are in this dire situation.

STAY AWAY

Don't be all up in your friend's grill. You can be funny, but don't block any magic from happening. When that happens, the front two tires will only get annoyed with you. Remember: this is not your opportunity to show off your bad stand up comedy routine.

6 tips for landing your **SUMMER** internship

Story by Sammi Stewart
Design by Heidi Thaumert

When we graduate college and enter the “real world”, employers expect a lot more than just what classes we have taken. As if college isn’t stressful enough on its own, now there’s the added stress of landing internships and building up the experience portion of your resume.

The good news is that there’s ways to alleviate that stress. Here’s a list of tips and tricks to simplify your internship hunt:

START YOUR SEARCH EARLY.

It’s best to start looking about five to six months in advance. If you’re looking for a summer internship, start applying in December or January! The earlier you start to get your name and resume out there, the better.

IT’S NOT WHAT YOU KNOW; IT’S WHO YOU KNOW.

Utilize your professors and classmates! They’ll turn out to be the best references you never knew you had. “I started asking students in my program where they have interned in the past and it led to my current internship at the Ellensburg Chamber of Commerce,” says Alyssia Ready, a senior recreation & tourism major.

PERSONALLY TAILOR YOUR RESUME & COVER LETTER.

“I find it a lot more enticing to hire someone if I can tell that they haven’t sent 10 other companies the same resume and cover letter that they’ve sent to me,” says Richard Stewart, director of finance at Xfinity Arena. Typically, companies will include in their job posting what specific skill sets and experience they are looking for. Make sure that your resume fits their description. For example, if you’re applying for an information technology (IT) position, it’s not relevant to list your waitressing job on your resume.

BECOME ONE WITH THE COMPANY.

Dan Schawbel, managing partner of Millennial Branding, says that walking into an interview without researching a company and having questions ready will damage your chances of getting hired. Be able to tell your interviewer what qualities you possess that will make you an asset to their team. Make sure you can also explain what specifically has drawn you in to apply for their company. If you really want to knock their socks off, bring up specific projects, publications, etc. they have created in the past and how you will be able to contribute to their future works.

SHOW -- DON'T TELL.

Anyone can go into an interview and talk about all of the experience and work that they have done. To set yourself apart from the competition, bring samples of your best work ready to share and discuss. Another idea, (since everything is digital nowadays) is to create an online portfolio to showcase your experience and provide employers with a link to it.

ASK ABOUT FULL-TIME POSITIONS.

According to Forbes, an American business magazine, even though there is never a guarantee that an internship will lead to a full-time position within the company, it never hurts to ask about permanent placement. This will show your desire and commitment to work with the organization and provide them with time to think about bringing you on board full-time or maybe even creating a position for you.

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*Story by Stefanie Frunz
Design by Vanessa Cruz*

**YOUR NIGHTLY HABITS
OF CALL OF DUTY AND
TINDER MATCHING MAY
BE TO BLAME FOR YOUR
DARK CIRCLES AND
RESTLESS NIGHTS.**

It's inching towards 2 a.m., you just finished your fifth episode of the Walking Dead and you finally decide it's time to try and catch some Z's. You close your computer, check Twitter real quick and try to fall asleep.

It's now 3:30 a.m. and you're still tossing and turning. Why is that?

WHY CAN'T I SNOOZE?

According to Central Washington University (CWU) Psychology Lecturer, Dr. Jesse James, there are special cells in our eyes called ganglion cells that are sensitive to light. Whenever those cells are activated, they send a message to our brain saying that it is daytime. Unfortunately, those cells cannot differentiate whether the light is artificial or natural, so they will tell your brain to stay awake.

“By being exposed to the glow of electronics before bed, we are sending a signal to our brains that we should be awake,” Dr. Kara Gabriel, director of the experimental psychology masters program at CWU, says. “That makes it harder to fall asleep and can reset our internal body clock, creating more problems in subsequent nights.”

Many of the activities we engage in can raise levels of the stress hormone, cortisol, which wakes our bodies up. This means, technology can pretty much act as an alarm clock that tricks your body into thinking it needs to be awake.

“Research has shown that we practice skills and rehearse memories while we sleep, and our brains practice different kinds of things during the different types of sleep,” Dr. James says. “For instance, during stage two sleep, you rehearse a lot of facts and information. This stage of sleep is characterized by a lot of wave activity called ‘theta’ waves. Video games make it harder for your brain to produce these kinds of waves, which means even when if you feel like you're sleeping normally, your sleep is not as deep as it should be and you're not able to rehearse your memories as well.”

WHY DO I NEED SLEEP ANYWAY?

When you are not getting enough sleep, it begins to take more of a toll than you would like to think. Ultimately, not getting enough stage two sleep can make it extremely hard for your brain to consolidate the information you have taken in, therefore you will have difficulties recalling what you studied, says Dr. James.

A study from 2008, conducted by the International Union of Radio Science, found that three hours of cell phone use prior to bed had subsequent effects on the ability to fall asleep and reach stage two of sleep in general. The study found that your phone emits small levels of radiation—which can be linked to changing your sleeping patterns.

According to Dr. Gabriel, lack of sleep can also lead to a long list of health problems, both physical and emotional, and is closely linked with weight gain. Sleep gives our bodies time to rest and rejuvenate.

TIPS FOR CATCHING Zs

So how can you fix it? Make sure to turn your phone on airplane mode so that it is not trying to link to cell towers—even though you are not directly on your phone, it is still emitting radiation which could be affecting your quality of sleep.

Often times, we associate things together, so it is important to make your room an environment where you go to relax and sleep. Taking your technology out of your bedroom will allow you to disassociate the two together and also eliminate the chance of you being exposed to excess light.

If there is no way for you to escape from using your phone or watching TV before bed, there are special applications you can download to filter out the colors of light that trick your brain. These can be found on makeusof.com.

Sleep is essential for a happy and healthy life. Take care of your body—it will thank you later.



“DRINKING OUR CUT,



*Story by Marissa Martin
Photos by Onaëe Dunrkoop
Design by Heidi Thaemert*

SHARING THE REST™



WHIPSAW BREWERY

CHARLIE & DEBBIE TIERNEY GO FROM LOGGING TO BREWING WITH ELLENSBURG'S NEWEST ESTABLISHMENT

“Whipsaw” is a logging term, a two-person saw that requires a lot of teamwork. There’s a perfect one, 5 feet long and rusty, hanging above the bar in Ellensburg’s newest establishment, Whipsaw Brewery.

“It’s a saw from the ‘good ‘ol days,’ and it’s the namesake of the new brewery,” says Charlie Tierney, co-owner of Whipsaw with his wife Debbie.

“Drinking our cut, sharing the rest” is Whipsaw’s motto, painted by hand on the brewery’s cement floor and emblazoned across the back of their new t-shirts.

Whipsaw is more than a name and a motto, it’s the essence of the new brewery.

“We wanted to keep a logging name, and the saw stands for who we are and what we came from,” Debbie says.

HANDCRAFTED WITH LOVE

Before opening Whipsaw, Charlie worked for more than 30 years as a logger in Grays Harbor County and surrounding areas. He has deep family roots in Ellensburg—his grandparents have lived here for over seventy years.

“When we finally decided to move forward with the business we decided where we wanted to be,” Debbie says, adding that one of their two daughters lives in Ellensburg as well. As it’s described on their website, the couple “sold their home, cashed in their life savings, and made the move to Ellensburg to fulfill that dream.”

Just like the teamwork it takes to run a whipsaw, the brewery is a family business. Kids, dogs and the under-aged are welcomed. It’s not unusual on a weekday morning to find Charlie and Debbie’s granddaughter playing with her toys on the floor while her grandparents work.

Charlie and Debbie wanted to contribute to their new community by buying everything locally and outsourcing their labor. Whipsaw is the result of many hands. Their friend John Graf, a principal at a local elementary school, built the impressive, thick-wooded bar by hand. You see handcrafted woodwork throughout the brewery, from the tables to the decorative accents and even the corner shelving in the bathroom.

Charlie’s brother built the taps himself, and Jeff Grimness from Ellensburg is now Whipsaw’s “resident handyman.” When you walk into the brewery, you feel like you’re in a place where you can just hang out.

“Work is so much fun. It’s a blast. I get lost in time,” Charlie beams.



WHAT'S ON TAP?

Currently Whipsaw has five beers on tap, and six total that are kept on tap at all times. Homemade root beer and ginger ale are also available for the under-aged, or the under-appreciated, such as designated drivers, who Debbie makes sure get their first drink free.

Charlie has plans for three more specialty beers coming out within the next few months. The Whipsaw uses a three-barrel system to create their brews. After crunching the oats and hops outside, he brings them in to soak in three huge drums in the back of the brewery. They look like silos, or giant jugs. You can smell the booze when you open the door, and it's cold in there.

Charlie is a mostly self-taught brewer who makes the beer that he and his wife like, they admit with a chuckle. Debbie's favorite? The Buzz on Blackberry, and once he'd made "her beer" he got the go-ahead to brew his own. Charlie is harder to pin down on his favorite -- the man is a beer connoisseur -- but, if he has to choose, "an IPA or a stout, or a smashed blonde."

The Whipsaw hosts the Red Pickle food truck out front during business hours, but customers with the drunchies can order in from any local eatery, just like at home.

PLANTING ROOTS

Charlie and Debbie knew they wanted to start their business inside of El-lensburg's city limits, but they didn't know exactly where. Driving around one day, they saw a sign outside of a building on North Wenas Street, just south of Water near Brad & Burke Heating and Air, "Building for rent, practically free."

That's all it took, and they say they're not worried about being a bit out-

side of downtown. "Location was important, but we had to be able to make it work," Debbie says. The physical space, which had a lot of requirements for the brewing process, was also envisioned as more of a homey place than a storefront.

Asked to describe Whipsaw in one word, Charlie says, appearing a bit emotional, "Inviting. We are sincere from the heart."



*Story by Angelica Bartorelli
Photos by Tayler Shaindlin
Design by Vanessa Cruz*

PART 1:
'PLUS-SIZE'
PARADIGM

**IS SOCIETY READY
 FOR A FULL-BODY
 BREAKTHROUGH?**

The global perception of beauty has reached a new era. Less than two months into 2016, change has taken the world by storm. From the first “plus-size” male Target model to Barbie’s evolution through the “Secret Dawn” project, the media was just warming us up for this year’s long-awaited Sports Illustrated Swimsuit Issue.

Finally, three women of varying sizes flooded the shelves this month.

With well-known, full bodied figures such as “plus-size” model and body activist Ashley Graham and

former UFC Women’s Bantamweight Champion Ronda Rousey gracing the SI front cover, it’s apparent that there is a transformation in society’s stereotype of the perfect woman.

But is society really ready for a full-body breakthrough? Pulse takes a look.

THE BITTER TRUTH

The recent advances in the media have helped make known the presence of full-bodied women in society, but there are differing sides of the

spectrum. In her Tedx Talk Special: “Plus Size? More Like My Size,” Graham drops this bomb: ‘plus-size’ is classified as a (US) size 8 and ranges to a size 16/18.

Despite being the first ever “plus-size model” to be featured on the cover of Sports Illustrated, a realistic depiction of body image is still deemed “unhealthy” by some. Former-swim suit model Cheryl Tiegs was quoted saying, “I don’t like that we’re talking about full-figured women, because it’s glamorizing them.”

At a size 14, Graham holds stats similar to that of the average sized woman in America, which shouldn’t be outrageous, or so you might think. Living in a society where acknowledging all shapes and sizes (especially the full-figured) is still considered taboo, making it hard to determine if the time or curvy women truly is now.

PLUS-SIZE BEYOND THE MEDIA

The “plus-size paradigm” or stigma that follows curvy women is a global problem. Around the world, there are many different perceptions of the perfect body image. The problem with fluctuating perceptions is that society overlooks the person behind the figure.

“The [the media] doesn’t really respect the way women look,” says 20-year-old Central Elementary Education student Dasha Imes. “[The] media per-

ceives us full-bodied women as animals and not like other women because we are not as small.”

Imes has experienced some rough times as a curvy woman due to the proportions of her chest. “It was never easy going through school with having curves. I couldn’t show them off because I could not find clothes to fit over my chest.”

Being able to express oneself through fashion is just one of the many difficulties faced by curvy women. The inability to live life comfortably seems to come with a price, especially when health is involved. Central student Erica Lewis, 19, shared a raw story about a rare medical diagnosis that has had an effect on her weight.

“When I was 8 years old, I woke up in a panic. I ran to the bathroom and started to puke up blood. I finally got my mom up and she saw the blood and rushed me to the ER. I couldn’t stand up; I was sweating and in so much pain. After waiting for answers, the doctors finally had them. I was diagnosed with pancreatitis.”

This is a disease common in people over the age of 60 and it remains cureless. Lewis says her immune system and metabolism are weak, causing her to “having permanent swelling in [her] abdomen.”

“It makes me look bigger and I can’t get rid of it. I have hips [and] a bigger chest, which makes it impossible to search for clothing.”

PART II:

PLUS-SIZE PROBS

REAL PEOPLE SHARE THEIR EVERYDAY STRUGGLES

The struggles faced by those who identify as curvy stems from an array of different sources. In addition to addressing the hard-hitting side of life as full-figured, Pulse brings you “Plus Size Probs,” a series of real-life instances where “the struggle is real.”

“THE LACK OF [A] LOVE LIFE.”

ASHLEY THAYER, 25

**“GETTING STARED AT WHEN
YOU ORDER A SALAD.”**

JAMES TYLER, 20

**“ I GOT TURNED DOWN ON HOW I WANTED TO HAVE MY
BABY AND THE MEDICAL [CARE] I WANTED. ”**

CHRISTOPHER FEEKEN, 25

**“I CAN'T FIND SHIRTS
THAT FIT PROPERLY.
SOME HANG OFF ME
LIKE A DRESS, OTHERS
HUG TOO TIGHTLY.”**

REBEKAH GEHRKE, 21

**“HEALTH PROBLEMS,
LIKE A BROKEN TAIL
BONE, [ARE] BLAMED
ON MY WEIGHT OR
MY LIFESTYLE.”**

CASTIEL CAMPBELL, 21

**“ BEING THE BIGGER ONE OF THE TWO
FRIENDS, SO YOU FEEL LIKE EVERYTHING IS A
COMPETITION WHEN YOU KNOW YOU'RE LOSING. ”**

REBECCA CALLENTINE, 25



PART III:
FABULOUS
FULL-BODIED
FASHION

**PULSE'S FEARLESS REPORTER TALKS
PLUS-SIZE FASHION**

As a petite, full-bodied woman, I myself have experienced the struggle of finding wearable clothes tailored to my body type. With a style I view as eclectic, I have had a great deal of experience searching for “the perfect outfit.” From comfy to captivating, shop these five full-bodied lines and you’ll be bound to find something that hugs your curves in the best way possible.

1 FOREVER 21+

I know what you're thinking: "Forever 21, really!?" If you didn't know, they have a plus-size line that is pretty true to size. You can choose from an array of cute "in-season fashion," swimwear and a booming athletic line.

2 REBDOLLS

An online retailer that "stays on the pulse of trendy fashion," and is a promoter of body activism, with a "girl's kick-ass mentality," Rebdolls caters to those from a size 0-28. Their style is more on the eclectic side. Their models sport crop tops and dresses that hug the silhouette perfectly and so much more. Be sure to check these Dolls out for all your fashion favorites!

3 TUNNEL VISION

Remember these guys? The absolute "apple of my eye" according to Pulse's "Nineties Revival" article (Fall 2015, Issue I). Created by a group of badass ladies, Tunnel Vision brings the best 90s inspired vintage style to "hotties with a body."

4 OLD NAVY

Featuring plus-size model Ashley Graham, Old Navy is more than just your supplier of the stereotypical 4th of July shirt. They provide an ever-changing array of athletic clothing, leggings, sweaters and sleepwear. From a wide variety of colors and cuts, they're the perfect line for those who are petite and curvy. Trust me, I know.

5 TARGET

A longtime favorite, Target has some of the cutest fashion for all shapes, sizes and ages. You can always find the best patterns and graphics, which (for a mainstream shopping center) sets them apart from the rest.

So there you have it - my gift to you! Five lines that provide affordable and wearable fashion to curvy women. Be sure to whip out your measuring tape, find your perfect size and create your wish-lists because these stores are to die for!

PLACES TO GO BEFORE

We all have a bucket list of places we want to see and things we want to do in our lifetime. But we don't recognize that there are places all over the world that have already lost over half of their land mass and are now in jeopardy of becoming nearly extinct. It's unfathomable to think that some of the places we have all seemed to admire for so long are now slowly beginning to slip out of sight.

Is mother nature to blame or are we the cause behind these beautiful locations becoming nearly nonexistent? "These and other sites of great natural and cultural importance are indeed endangered, though to varying degrees," says Professor John Bowen, chair of the Geography Department at Central Washington University. "The threats vary, too, but people are usually the main source of concern."

Scientists point to illegal and unsustainable resource extraction, infrastructure and pollution

as some of the main contributing factors resulting in the depletion of these places. In addition to this man-made damage, the natural cycle of the earth such as natural disruptions and explosions, the rise of global sea-level, and climate change, factors we ultimately have no control over.

There is not an exact explanation as to why this is beginning to happen so rapidly. In spite of it all, we do have the opportunity to fight back and help restore certain areas before they become extinct. There are many activist groups doing just this. World Wildlife Fund, an international non-governmental organization, has already begun to help restore the land from deforestation and illegal extortion, which aids in protecting the culture and habitat for species in the territory.

Below is a list of natural wonders known for their beauty and uniqueness. Considering that these areas are all in jeopardy of extinction and may not be around much longer, now is the time to plan your trip.

THEY'RE EXTINCT

*Story by Nicole Trejo-Valli
Design by Heidi Thmert*

SOUTH AMERICA

The Amazon Forest spans across Brazil, Ecuador, Bolivia, Peru, Columbia, Venezuela, Guyana, Suriname and French Guiana. The region contains 1.4 billion acres of green dense forest, one out of ten known species on earth, and 4,100 miles of winding rivers.

The area has been abused by mankind due to poorly planned infrastructure, which disrupts river activity and commercial fishing as well as natural resource extraction, such as gold mining, illegal logging, and oil exploration.

The World Wildlife Fund for Nature is one of the organizations working to confront deforestation drivers and help develop a sustainable forest economy, eliminate waste and increase production efficiency.

ASIA

The Great Wall of China is one of the most iconic landmarks that people from all over the world travel to see. The wall is monumental and contains an abundant amount of history and world heritage symbolizing the power of the country's enduring strength.

But the landmark has begun to crumble due to sightseers polluting the area, developers creating roadways, and natural erosion from sand storms. According to The Guardian, nearly two-thirds of the wall have been completely demolished. In 2002, the World Monument Fund put it at the top of its annual list for most endangered architectural sites. Since then, the Chinese government legislated the right to protect the areas near the capital, leaving others areas of the wall still unprotected and at risk of damage brought by age and exploitation.

NORTH AMERICA

Yellowstone National Park, located in Wyoming is home to the largest active supervolcano in North America. Yellowstone is monumental, declared an official wonder of North America, and home to a variety of species with both threatened and endangered animals. In May of 2015, CNN reported that there is enough hot rock underneath the park and walking paths to fill the Grand Canyon nearly 14 times over.

According to CNN, ground temperatures have recently begun to rise to an ultimate high, becoming so hot it could burn not only the soles of our feet, but also the tires on our car, resulting in closures of the park. There is still no expected time for the eruption of this supervolcano, according to National Geographic, but "It could happen in our lifetime, or 100,000 years or more, or perhaps never."



AFRICA

The Pyramid of Giza is the tallest standing pyramid, at 480 feet high, and built by the ancient Egyptians. In March 2012, CNN published a story on its website listing the pyramids as one of the 10 most endangered sites around the world because they are not being protected by Egyptian officials. The land suffered great damage from camel and horseback tours that are now prohibited, the article said, but human visitors still climb on the monuments and there are always large crowds.

ANTARCTICA

Antarctica is a diverse landscape, from sea ice to coastal wetlands, upland tundra, mountains, and wide rivers. The World Wildlife Fund correlates the threats of the endangered land to fisheries mismanagement resulting in illegal and overfishing, mining, shipping traffic concerns due to shipwrecks, oil spills, and an introduction of non-native species. All the threats have resulted to the climate change causing sea ice to reduce, melting permafrost (a layer of soil that remains frozen all year long) and the rise of sea level. These actions not only pose a threat to the land but as well as the species inhabiting these environments, so the World Wildlife Fund is in the process of planning “no-go” zones which protect wildlife areas and spill prevention.

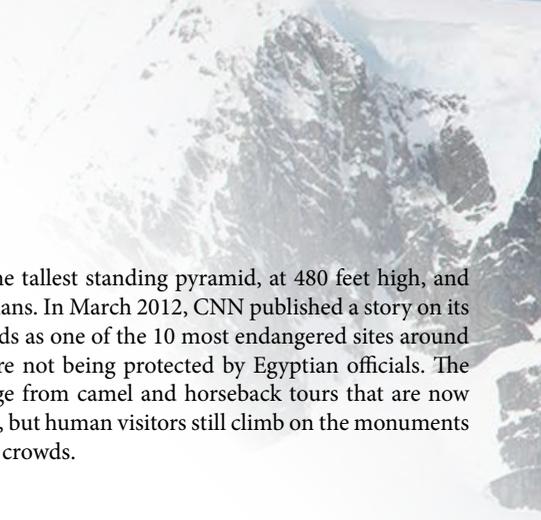
AUSTRALIA

The Great Barrier Reef, declared one of the seven natural wonders of the world, stretches over 1,429 miles and can be seen from outer space. In October 2012, the Smithsonian Institution published an article about the region having lost over half of its coral coverage in the last 27 years. In August 2012, The Guardian reported that half of the coral is dead due to pesticide runoff, muddy sediment, predatory starfish, coral bleaching and various other impacts, predicting that if current trends continue, over 90 percent will be nonexistent in just 10 years.

EUROPE

Venice, Italy, known as the “floating city” of romance and gondolas. Livescience.com published an article in September 2013 about a team of researchers that revealed the city is naturally subsiding at a rate of .03 to .04 inches per year, while human activity contributes to the sinking by about .08 to .39 inches per year. The sinking will continue to increase flooding, as will the addition of high tide that occurs four times per year, the article claimed.

The result of the sea-level rising is due to, no surprise -- climate change. Livescience quoted scientists who suggested installing movable gates to prevent water seeping from the inlet to Venetian lagoon during high tide.





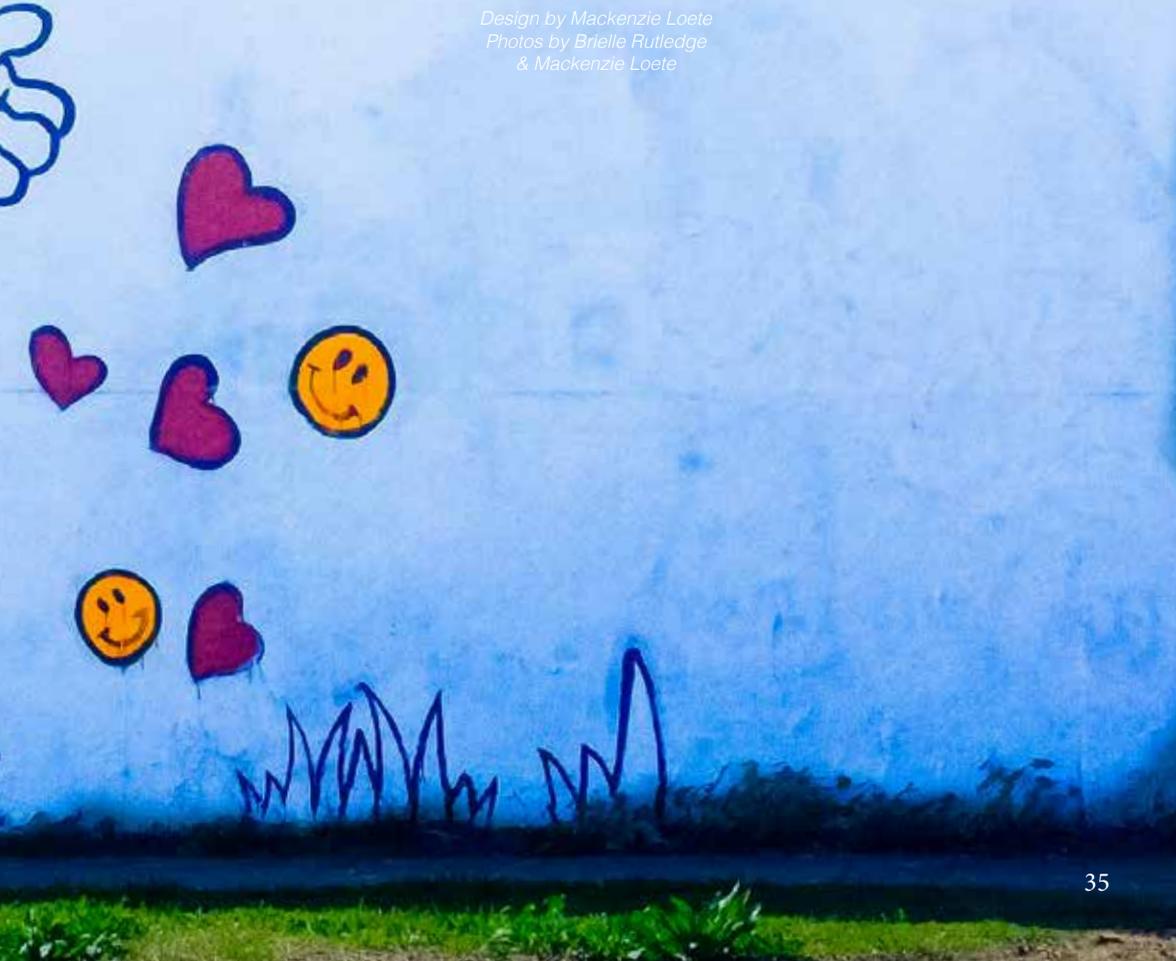
According to Bowen, the United Nation's World Heritage program is an important tool for bringing attention and resources to threatened areas, and it contains over 1,000 places around the world in danger. There is a movement going on to preserve these habitats before it's too late. The WWF has references on their website of ways people can help contribute. It takes small contributions each day to make a better and cleaner environment for the world around us.



PULSE CAPTURES THE STREET ART OF

MELROSE AVE

*Design by Mackenzie Loete
Photos by Brielle Rutledge
& Mackenzie Loete*





M A D E
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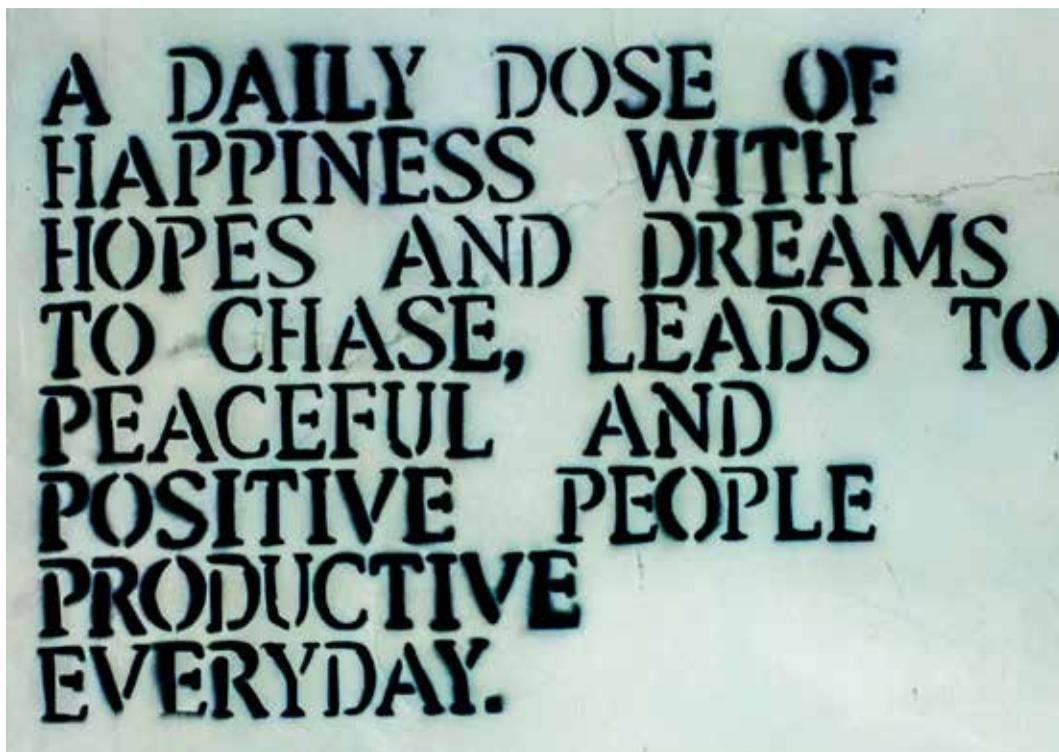
50% off
selected items

QUAS

60% off
selected items

FEWER









PIKE



Photo by Justin Horrocks

“Model” STUDENTS

*Story by Joey Castonguay
Design by Mackenzie Loete*

Lindsay Licht and Alex Sanchez are two Central students that you may recognize beyond just seeing them around campus. When not attending class or grinding in the gym, they are both actively pursuing a modeling career.

I have some experience with this. In the summer of 2014, I signed with Heffner Management, a Seattle modeling agency. This was my first taste of the industry and sent me commuting between Ellensburg and Seattle to attend castings seemingly every other week. The experience of modeling while studying taught me one thing; the world of modeling is like an ocean. At first you feel like you're being dropped in the middle of it and told to swim ashore.

Agencies dominate the share of the industry, with every major advertisement usually booking a model through a prestigious agency either in the US or Europe. Anyone not in an agency has the tag of “freelancer,” which doesn't really come with a set of rules. Finding direction is hard, but not impossible. Being on your own comes with its own set of challenges, but also rewards.

As Lindsey and Alex demonstrate, it is possible to juggle modeling and college. Pulse got their stories.

HOW WOULD YOU SAY YOU GOT INTO MODELING?

SANCHEZ: It was kind of a spontaneous move when I lived on the west side, a local photographer was looking for a male model and he happened to get ahold of me through social media.

LICHT: I got into modeling this past summer when one of my mom's friends needed a model. My first shoot was in July 2015. From there I reached out to a friend who I knew modeled and she referred me to a photographer. I loved his work, so I contacted him. He brought me under his wing and taught me all the basics of modeling and how to pose better and what to look out for.

DO YOU HAVE ANY DESIRE TO BE REPRESENTED BY AN AGENCY?

SANCHEZ: Yes, it was a great desire to work with an agency but only being 5'9 and not 5'11 shot my aspirations down very quickly. I kind of just made up my mind that I really enjoy being a freelance model because I can choose who I would like to work with.

LICHT: I would love to be represented by an agency. There is one agency in particular I would love to be represented by and that is SLU [Sports & Lifestyle Unlimited]. They specialize in athlete and lifestyle models, which is right up my alley. Unfortunately, some of the other agencies such as TCM, SMG [Seattle Models Guild], and Heffner Management all have height requirements which I do not meet.

WHAT WOULD YOU SAY YOUR "LOOK" IS?

SANCHEZ: I would say my look is rugged/edgy and outdoorsy.

LICHT: I would say I have more of an athletic/lifestyle "look." I try and stay in my own lane of lifestyle and fitness shoots because it is what I am most comfortable with, as well as what I believe is the most flattering for me.

WHERE DO YOU DRAW YOUR INSPIRATION FROM?

SANCHEZ: My inspiration comes from a Scottish model named Chris John Millington.

LICHT: My inspiration has come from my hard times, my failures, and my personal journey. I had played soccer since I was 7 years old, which I fell in love with. After having my second knee surgery my senior year of high school, I could no longer play. I then gained some weight my freshman year of college and I felt like I hit rock bottom. Since then, I have transformed my lifestyle into something I am very proud of: being healthy and happy. I have a newfound happiness with modeling and being able to express myself and my journey through pictures.

WHAT HAVE YOU LEARNED FROM BEING A FREELANCE MODEL?

SANCHEZ: There are an endless amount of things but one thing that comes to mind is that since I could choose who I want to work with, I get to shoot with a lot of different photographers. Each photographer has his or her own style so he or she begins to change who you are and you embody a different persona [for each shoot].

LICHT: What I have mostly learned from being a freelance model is that it's what you make it. You have to be proactive if you want opportunities and photoshoots. Overall, I believe it has helped me tremendously as a model to be independent and to be able to handle working with a wide variety of photographers. Ultimately my hope is to work with an agency so that they are able to book me directly through a well-known photographer, rather than as a freelance where you're never quite sure what you're going to get.

“ EACH PHOTOGRAPHER HAS HIS OR HER OWN STYLE SO HE OR SHE BEGINS TO CHANGE WHO YOU ARE AND YOU EMBODY A DIFFERENT PERSONA. ”

-ALEX SANCHEZ

Photo by Ryan Lane

DO YOU HAVE ANY GOALS FOR YOUR MODELING CAREER?

SANCHEZ: My goals are to sign with a company so my hobby could become more than just a once every month thing.

LICHT: I would love to pursue a modeling career in the fitness industry. My dream would be to model for Nike. I am a nutrition/ dietetics major and fitness is a huge passion of mine.

WHAT GOES THROUGH YOUR HEAD WHEN YOU'RE SHOOTING?

SANCHEZ: My mind almost goes blank, I don't really think about anything but what is going to be your next move [pose]. There are times when I'll be curious to know what I look like in a certain pose.

LICHT: When I'm shooting I really try and establish a good relationship with the photographer so that it makes the vibe more comfortable and flows easier. Usually I prefer direction and feedback from the photographer such as "move that hand down slightly" or "chin up" because it allows me to deliver the best photos that are the most flattering. Some photoshoots are more demanding than others such as my fitness shoots when I typically have to "hold" a pose, so I'm focusing on trying to look as relaxed as possible in my face while still flexing.

WHAT HAS BEEN YOUR FAVORITE SHOOT AND WHY?

SANCHEZ: My favorite shoot was actually my most recent photoshoot which was in Seattle on Feb. 20. It was the most important shoot in my year-and-a-half-long modeling career. It was a commercial shoot for Istock, Getty Images.

LICHT: I have two photoshoots that particularly stick out in my head. My first photoshoot with one of my favorite photographers, Scott Manthey. We shot at Golden Gardens near Seattle and I'll never forget how I felt as I was shooting into the sunset. The second shoot that really stuck out to me was my second fitness photoshoot with Justin Horrocks. It really captured the muscularity of a women, while still seeing the feminine side.

ANY BAD EXPERIENCES THAT YOU CARE TO SHARE?

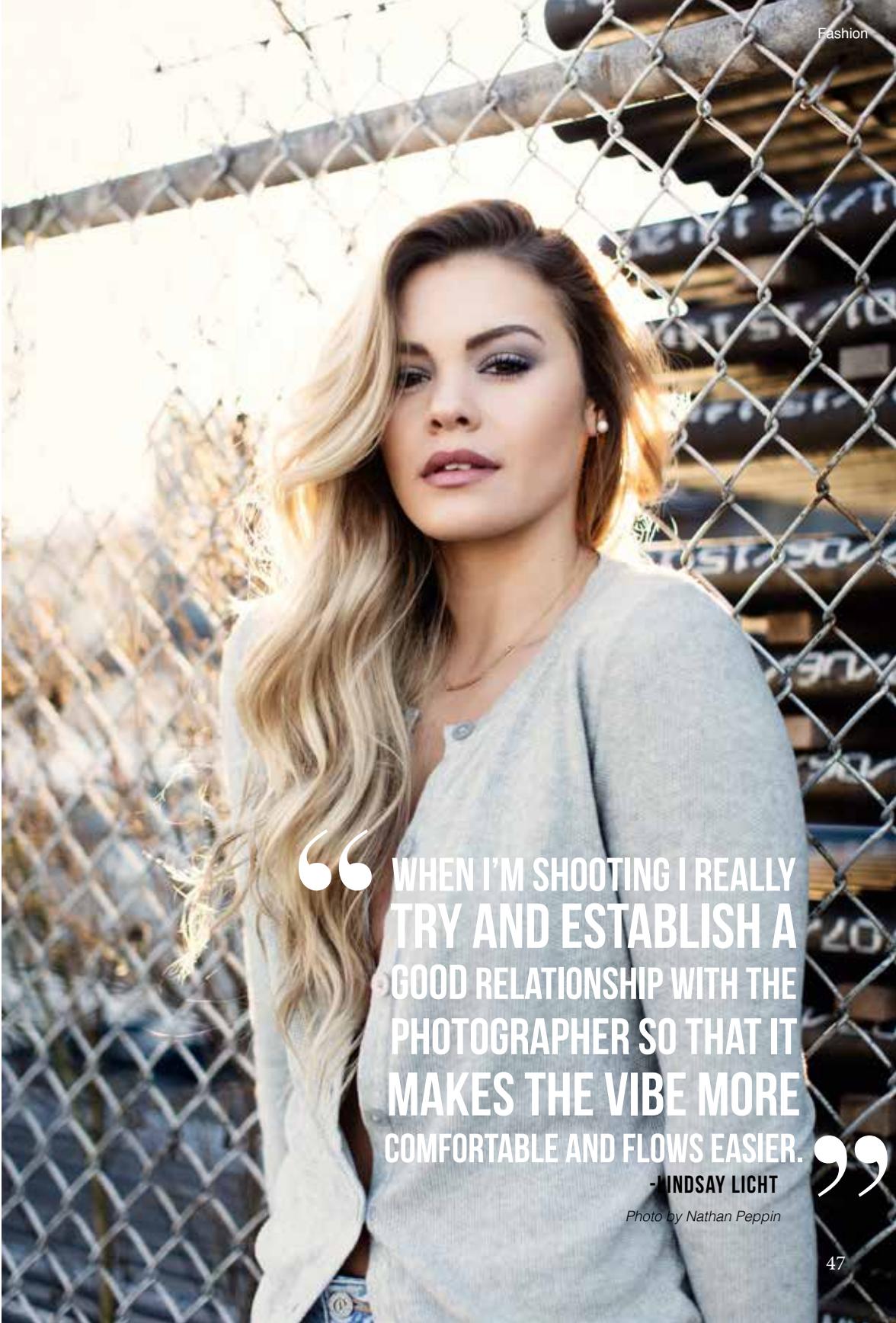
SANCHEZ: My very first modeling photoshoot was by far the worst. Not referring to the photographer, but because I was just this bearded gentlemen with absolutely zero practice other than taking my senior pictures. Because of that, every pose that he made me do was so awkward, I look super stiff and not normal. Every time I go back and look at the first photos I get so embarrassed and laugh at myself.

LICHT: I haven't necessarily had any bad experiences, fortunately. One experience I can share that was a little sketchy, was with one of my photoshoots in Portland. It was a paid two-day photoshoot in which I never had signed a contract, nor did I have him sign a contract of how I wanted to be paid. I was already getting a good rate, but I shot all day long on top of having outfit changes, hair, makeup, location changes. It lasted from 9 a.m. to 7 p.m., which I was not getting paid for.

ANY RECOMMENDATIONS TO ANYONE OUT THERE WHO WANTS TO PURSUE A CAREER AS A MODEL?

SANCHEZ: The only things I would like to say is to not get discouraged when agencies reject you, to not let other peoples' comments get the best of you and do not let anyone change whom you are.

LICHT: My recommendation to anyone who wants to pursue a career as a model would be to get some good experience. Find a photographer who doesn't charge much, or a friend who may be a photographer, and practice! Research different poses, types of shoots, and find out what kinds of shoots you want to do. Build your portfolio, and if you are fortunate enough to meet agencies' requirements, apply! Get on modelmayhem.com and start off with some freelance photoshoots. Remember, the internet is like a black hole, once your photos are on the internet there is no way to completely erase them so be careful of what you want to post. Overall, enjoy it!



“ WHEN I’M SHOOTING I REALLY TRY AND ESTABLISH A GOOD RELATIONSHIP WITH THE PHOTOGRAPHER SO THAT IT MAKES THE VIBE MORE COMFORTABLE AND FLOWS EASIER. ”

- LINDSAY LIGHT

Photo by Nathan Peppin

WE CAN DO THIS

THE FIVE STAGES OF ALL-NIGHTER GRIEF

Story by Sarah Quartararo
Design by Vanessa Cruz

You've done it again. You look up, and there's that line of light along the horizon that signals impending dawn. You've stayed up all night, and the grueling hours of an all-nighter come in stages.

PULSE adapts Elisabeth Kübler-Ross's Five Stages of Grief, taken from her book "On Death & Dying," published in 1969, to fit the stages of an all-nighter.

ALL

HOMWORK

STAGE 1: DENIAL

"I DON'T THINK IT'LL BE THAT BAD. THERE'S NOT EVEN THAT MUCH. IF I FOCUS, I BET I CAN FINISH IT ALL IN TIME. AND EVEN IF I DON'T, IT'S NOT GOING TO BE THAT BAD. I CAN DO IT! RIGHT?"

This is that stage where you're still not sure you'll have to stay up all night. And even if you do know, you still haven't really accepted it. You should probably get off of YouTube.

STAGE 2: ANGER

"WHY DID I PROCRASTINATE SO MUCH! WHY DIDN'T I START STUDYING EARLIER?WHAT DO YOU MEAN I NEED TO GET AN EIGHTY PERCENT ON IT IF I WANT TO PASS THE CLASS?"

This is the stage where all that suppressed rage about an entire term of too much homework comes out. This isn't fair and you hate whatever person created this system that forces you to take out loans only to be sleep deprived and fail.

PARTY

STAGE 1: DENIAL

"I DIDN'T STAY OUT THAT LATE! THIS IS RIDICULOUS, IT CAN'T POSSIBLY BE THIS LATE!"

Yes, your cell phone is right and you did, in fact, stay out as long as it says you did. It would be best to just accept it. You can always check someone else's phone, for that feeling of finality, or even find a wall clock somewhere.

STAGE 2: ANGER

"WHY DID I LET MY FRIENDS TALK ME INTO THIS?"

That moment when you realize that, in spite of the evening's festivities, you still have the group project, morning shift or class waiting with the sunrise. This isn't just anger, this is mourning for sleep that could have been.

NIGHT

STAGE 3: BARGAINING

"HOW ABOUT IF I GET A GOOD GRADE, I'LL START REMEMBERING TO CALL GRANDMA ONCE A WEEK?! IF I CAN STUDY HALF OF THIS BY MIDNIGHT, THE REST OF IT WILL JUST COME EASY--RIGHT?"

No amount of cosmic bargaining or schedule re-arranging will help you avoid this all-nighter, but that won't stop you from wistfully trying.

STAGE 4: DEPRESSION

"I'M SO BAD AT THIS, WHY AREN'T I GOOD AT ANYTHING? MY PARENTS ARE GOING TO HATE ME! WHY DID I TAKE OUT LOANS JUST TO FAIL?"

Rolling around on the floor burritoed in a blanket hating your semblance of a life at 3 a.m. doesn't actually help, but it's a process that will inevitably happen.

STAGE 5: ACCEPTANCE

"SLEEP IS FOR THE WEAK! I HAVE TO STAY UP, AND I'LL GET IT DONE."

Sometime in the early a.m. you accept that this is necessary, and you buckle down and get some work done, though you feel the sleeplessness until you get caffeine, a nap or both. And you can't actually remember that test or essay all that clearly...

STAGE 3: BARGAINING

"IF I LEAVE NOW, I'LL CRASH RIGHT WHEN I WALK IN THE DOOR AND I'LL GET THREE HOURS OF SLEEP!"

At a certain point it's best to just realize that no matter how much you hustle, any wink of sleep you get just won't be worth it at this stage. Chances are you'll still have to rise and shine, hopefully later rather than earlier.

STAGE 4: DEPRESSION

"WHY DID I DO THIS TO MYSELF? TOMORROW/TODAY WILL BE SO BAD! WHY DID I DO THIS?"

The melancholy feeling of knowing that you made a poor decision completely demotivates you. It's already this late, what's the point in trying to get some rest in?

STAGE 5: ACCEPTANCE

"SO DECISIONS WERE MADE, AND NOW I'M AWAKE AND MAYBE STILL A LITTLE DRUNK AT SIX A.M. BUT THERE WAS FUN AND I DON'T REGRET IT. MUCH."

Well, if the next day is going to be bad you may as well have fun now, right?

BOW TO THE BROW

Story by Taylor Shaindlin
Design by Mackenzie Loete

ANCIENT GREECE

The Greeks had their own slew of strange eyebrow rituals. Along with favoring a strong uni-brow, Greek women would use powdered minerals or soot to paint their eyebrows. The Romans also had their elaborate beauty rituals; some would even don false eyebrows made of goat's hair and tree resin to obtain the desired look.

17TH TO 18TH CENTURY

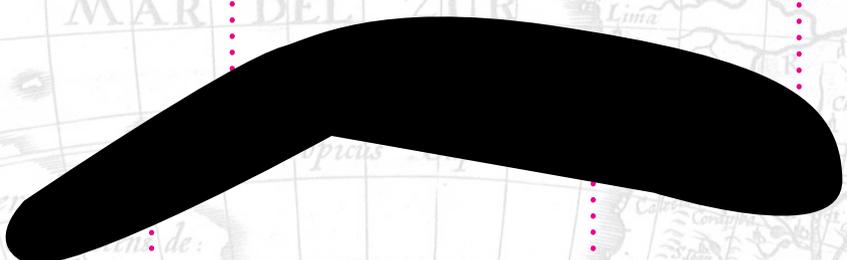
You can find out a startling amount about the history on cosmetics in places like museums and universities, and the University of Oxford is no exception. G. Berghaus's "New Perspectives in Prehistoric Art" essay says that in the 17th and 18th century's bold brows are back! The same women who donned the famous beauty mark loved bushy brows. The preferred structure was a high quizzical arch, and some even affixed false eyebrows made from mouse skin to their faces.

ANCIENT EGYPT

According to Marie Claire, makeup in Ancient Egypt originated as a homage to the god Horus, and was a method to ward off evil spirits. As a result, men painted their faces in the same style, where eyebrows were the central focus. Paired with the familiar thickly lined eye, eyebrows were either shaved or tweezed, and darkened with led-based minerals. **FUN FACT:** Because cats were so heavily worshiped in Egypt, when a cat died in an Egyptian's home, all inhabitants of the cat's home would shave their eyebrows.

MEDIEVAL EUROPE

Ideas of beauty were wildly different in Medieval Europe. Watch any historically accurate film, and you'll see women with plucked hairlines and extremely thin brows to achieve an egghead appearance. Why Medieval ladies thought looking like an egg was attractive we may never know, but legend says it was also popular for mothers to rub walnut oil on their children's eyebrows to inhibit hair growth, a trend mirrored in Queen Elizabeth I who would rub toxic white led-based dyes on her skin to achieve a pale appearance. led-based dyes on her skin to achieve a pale appearance.



It's been said that if you don't have eyebrows, then you don't really have a face. The eyebrow has been an essential element of the female beauty routine since before the ancient Egyptians.

Fast forward, and we have plenty of resources to achieve the perfectly thick and arched brow modern women so desperately covet. But how did women thousands of years ago achieve the 'in' brow, and what style did all the ladies really want?

1950

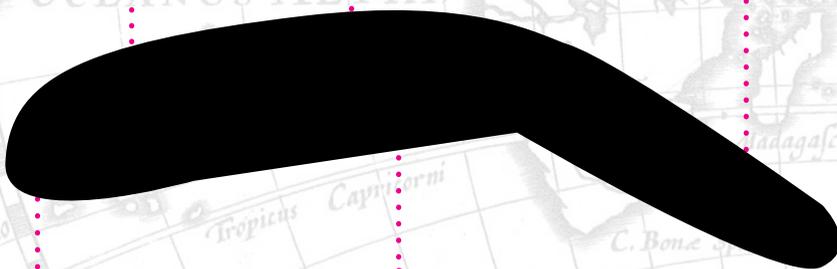
Watch the documentary "Dior and I" and you will see Dior established the complete put-together face that called for dramatic-winged cat eyes, lipstick and brows in the famous "diva arch". Audrey Hepburn was a 'brow icon, with her dark straight brows that epitomized the gamine look.

1990

The 1990's were perhaps the only period where one style was the most popular for eyebrows. Cindy Crawford had bushy lush arches and Drew Barrymore had her brows penciled in.

MODERN BROW

Today, dozens of women every month are paying in the thousands to have their brows look like Megan Fox's or Cara Delevigne's. It seems there is no definite trend to the 21st-century eyebrow, but one thing is for certain: over the decades, women's eyebrows have become lower on the face and less arched – generally, more like men's eyebrows.



1919

Maggie Angeloglou, author of "A History of Makeup," says the turn of the century brought the first wave of commercially made cosmetics, including the "Lash-Brow-Ine" by T.L Williams. The creator's sister, Maybel, would use Vaseline and coal dust to emphasize her eyebrows and lashes, inspired the line. I wonder which brand that inspired... (Maybelline)

1980

Eyebrows thinned out again during the 70's, but grew back again (literally) in the 80's when stars like Brooke Shields and Madonna popularized the bushy look.

LADIES, EXERCISE YOUR RIGHT TO SKIP THE TWEEZERS AND BOW TO THE FREE BROW, CAUSE BUSHY MASCULINE BROWS ARE THIS YEAR'S IT TREND.

BASEBALL BLISS



“BASEBALL IS THE ONLY FIELD OF ENDEAVOR WHERE A MAN CAN SUCCEED THREE TIMES OUT OF TEN AND BE CONSIDERED A GOOD PERFORMER.” —TED WILLIAMS

Baseball fan or not—there is no denying that the sport brings people of all cultures and backgrounds together, whether it’s on the diamond or in the ballpark. Regardless if you grew up watching the game, playing the game or just hearing other people talk about the game, you know that baseball is “America’s pastime.” But why? What is it about the sport that sets it apart from all the others?

It might be the food, or even just the smell of those greasy garlic fries and hot dogs. Or maybe it’s the sights and sounds -- the crack of the bat, the chatter of the dugout, the roar of the crowd when a homerun is hit and the quiet when the game gets close.

Whatever it is, nothing beats a good baseball game. Central Washington University Graduate Assistant Baseball Coach Scott Stone says baseball is a feeling. “Whether I’m on the field or watching the game from the stands, baseball is a humbling experience. It is so relaxing to watch, yet in a split second, one hit, one play or one pitch can completely change the course of a game.”

Baseball is relaxing. It’s unifying and it’s blissful. Bailee Wetmore, a former ball girl for the Seattle Mariners, says that baseball has something other sports don’t. “Being around the game, being at the stadium, seeing the challenge and being surrounded by other baseball fans fills me with joy that I do not find with other sports.”

Those who understand the game get the art of the sport and the skill that goes into each play. The respect that fans have for the game of baseball emanates around the stadium and adds to the unforgettable feeling of attending a ball game.

*Story by Taylor Ferleman
Photos by Joan Campbell Photography
Design by Heidi Thaemert*

YOU'RE MISSING OUT.

CWU
PULSE
.COM

VISIT US ONLINE FOR EXCLUSIVE WEB CONTENT
INCLUDING THE INTERACTIVE MAGAZINE,
BLOG POSTS, VIDEOS, AND MORE

COME ON COUPON &

Story by Bailey Williams
Design by Heidi Thamer

Imagine a community where stamps are used as currency and you have to know someone to be invited in. Sounds like an episode of *Lockup*, right? Wrong. I'm talking about the underground world of couponing. And this is a serious business. Trust me, I should know. When I left for college, my mom turned my old bedroom into a storage space for her shopping adventures. She passed down to me her genius for trading stamps for coupons, traveling from store to store, and constantly clipping just to save a couple of bucks. But is it really just a couple of bucks? As a cashier at Fred Meyer, I once saw a customer save \$687 with coupons.

Lifestyle blogger Anita Fowler of livelikeyouarerich.com, claims she saves \$200 to \$300 a month. Do the math: that's about \$2,400 a year. If you're saving for summer tuition, or tickets to Sasquatch, you know that every penny counts. Here are my best tips for getting the most out of couponing.

LEARN THE LINGO

- Catalina** Coupons that print along with your receipt after your transaction.
- Mana** Manufacture coupon
- Peelie** Coupons that peel off packaging.
- RC** Rain check for a sale price if the store is out of stock.
- Stacking** Use of manufacturer and store coupons

GO PREPARED

Before you go shopping, make a list and check if there are coupons matching the things on your list. Always make sure you check the size requirements, expiration dates and restrictions before you go to save time in the aisles. If the store has a user loyalty program, make sure you're signed up. Stack your coupons for the best possible savings.

Get organized when you get to the checkstand and don't forget to check all of your items for peelie coupons attached to the product.



KABOB HOUSE

MEDITERRANEAN GRILL



AVOID THE TRAPS

Never buy items just because you have a good coupon. If the generic version is cheaper even with your coupon, go generic. Check to make sure your store of choice accepts manufacturing coupons before you spend time clipping.

And, finally, from my heart, don't be mean to your cashier if the coupon doesn't work. The right attitude could save you as much as a good coupon.

Manufacturer coupons can be printed on coupons.com, smartsource.com, couponmom.com and more. If you can find at least five coupons from the Sunday paper that you would use, get a newspaper subscription (sold on Groupon for as low as \$18, which you'll pay off in a couple of weeks using the coupons inside). Most stores have apps to scan coupons from your phone. Many stores have coupons located by the entrance doors.

Ellensburg Location: **Yakima Location:**

Mon - Sat 11am - 9pm,
Closed on Sundays

119 W. 5th Ave.

Mon - Sat 11am - 9pm,
Sun 12pm - 7pm

3609 W. Nob Hill Blvd.



Kabob House Ellensburg
Kabob House Yakima



kabobhouseellensburg
kabobhouseyakima

KABOB HOUSE
MEDITERRANEAN GRILL

10% off
dine-in
and to-go

Exp.
04/03/2016



SHOPPING SAUVY

STUDENT DISCOUNTS AROUND TOWN

There are probably places in town or online sites you frequent that you never knew had discounts -- even if you're someone who loves to shop. Pulse has compiled a handful of different places to score deals from Ellensburg's local bookstore to Amazon and Apple.

*Story by Bailee Wicks
Design by Mackenzie Loete*



FAST FOOD FRENZY

SUBWAY: 10% off your purchase when your student I.D. is shown in store.

DOMINOS: Monday - Wednesday 50% off your entire online order with the code: 50

MCDONALDS: 10% off nationwide with a quick flash of student I.D.

JACK-IN-THE-BOX: 10% off to any students or staff by showing Central I.D.

BURGER KING 10% off your entire order.



RETAIL THERAPY

FLIRT: 15% off all purchases to students who follow them on Instagram.

MAURICES: A Maurices student credit card is offered to all CWU students. This card has a very low maximum credit limit and make payments quick and easy with payments instore with debit, check or cash, which is a great way to build credit history while you shop.



BOOKS ON BOOKS

BAILEY'S BIBLIOMANIA BOOKSTORE: This is a used book store that already has books priced to 70% less than the original price and students and staff can receive another 10% off the total.

BRICK ROAD BOOKS: With a \$15 minimum purchase, all students can receive a 10% discount off of their total.



EQUIPMENT & PARTS

PARTS: Recycle Bike Parts: By joining the bike club at CWU, you can receive 15% off all bike parts and accessories.

WEBB POWER SPORTS INC: 10% off all inventory, services, parts, and rentals for all CWU students.



STUDENT MUST HAVES

AMAZON PRIME: All students receive 6 months free of Amazon Prime

SPOTIFY: Students get 50% off the Spotify Premium membership

APPLE: \$300 off all MacBooks and iPads to students and staff when shown an I.D.



FAUNA SHADE

EVERETT, WA

PULSE 8 PRESENTS

By providing psychedelic landscapes bolted by smooth guitar riffs, psych-rock outfit Fauna Shade is bouncing their way up Seattle's totem pole. Scotty Smith, founder and frontman of Fauna Shade, turns us onto FS' new EP, *Floral Hall*, and some of the anecdotes that guided Smith to where he is today.

*Story by Tanner Chambers
Design by Mackenzie Loete
Photo by Andrew Imanaka*



WHAT WORDS DO YOU LIVE BY?

“You’re damned if you do and you’re damned if you don’t” - Bart Simpson

WHATS ONE THING PEOPLE DON'T KNOW ABOUT YOU?

Little known fun fact: I slept in my mother’s bed till the tender young age of 13, because I’m a mama’s boy. Love you, Mom!

WHAT ARE YOU MOST PROUD OF?

I’m pretty darn proud of my band, Fauna Shade.

WHAT MISTAKE DID YOU LEARN FROM?

Never do narcotics while nautical. Two summers ago, I booked myself on a single’s cruise through the Galápagos Islands. I thought a little wagon wheel might help my seasickness. Long story short, I was banned from the buffet so I had to eat in my room the whole trip, and the captain took away my beach ball.

WHAT DO YOU LOOK FOR IN A PARTNER?

I don’t. I’m currently a 22-year-old musician that doesn’t have a job and lives in his parent’s garage. Is my band playing Sasquatch! [Music Festival]? Yes, but if I’m going to look for a life partner, then I have [to have] much higher expectations of my day-to-day life. Even if my life was respectable enough to support a relationship, I see no point in involving myself at this young of an age. I need to figure myself out before I put another person’s emotions as well as my own in harms way.

WHAT’S YOUR FAVORITE SONG?

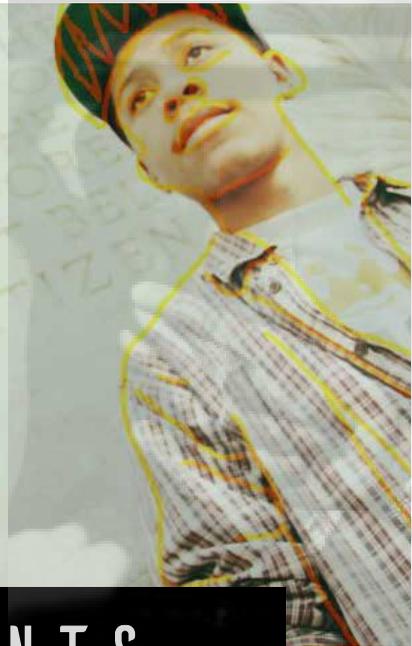
As of this moment, it’s I’m So Young, but I’m torn between the original version by The Students and The Beach Boys cover.

WHAT’S YOUR FAVORITE MOVIE?

I just binge-watched three hours of 30 Rock!

WHAT ARE YOU CURRENTLY WORKING TOWARDS?

A cold bitter death and getting a summer job to save up for my next cruise!



KUNG FOO GRIP

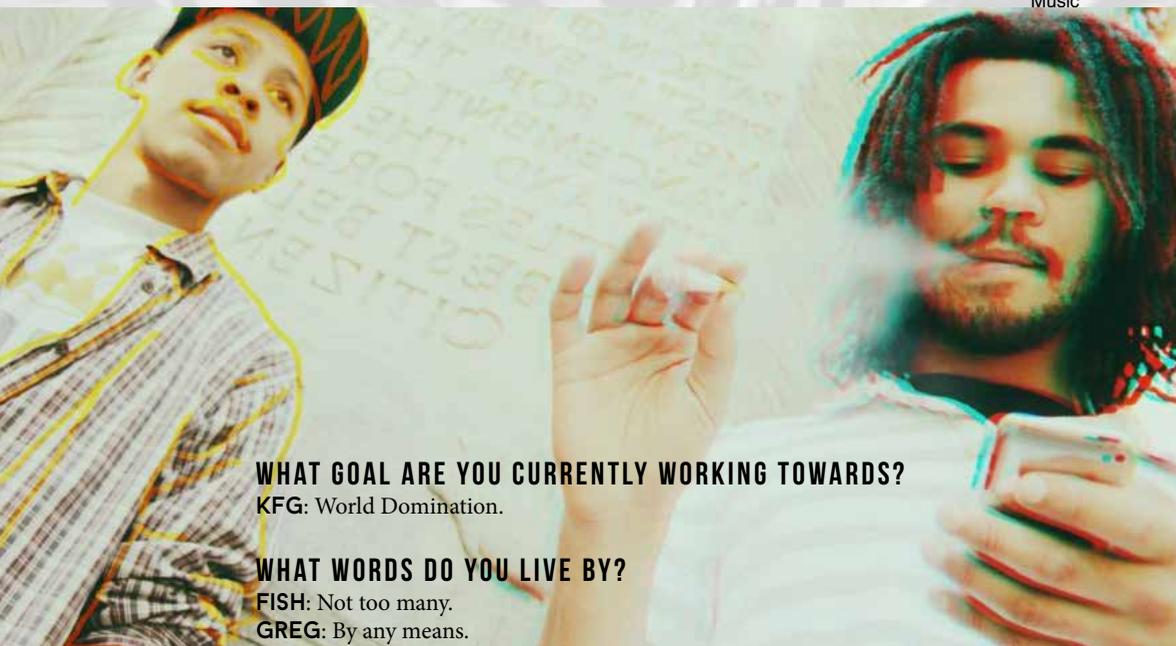
SEATTLE, WA

PULSE 8 PRESENTS

Seattle isn't lacking in talented MCs. From Sir Mix-A-lot to Blue Scholars, the city is known for producing high-quality rap music. EFF is H (Fish) and Greg Cypher make up Kung Foo Grip (KFG). Both hold black belts in hip-hop and they spit ninja shit. KFG is continuing the lyrical driven style Seattle artists are traditionally known for.

*Story by Jonathan Olsen-Kozioł
Design by Mackenzie Loete
Photos by Lea Godoy, Kevin Lowdon*





WHAT GOAL ARE YOU CURRENTLY WORKING TOWARDS?

KFG: World Domination.

WHAT WORDS DO YOU LIVE BY?

FISH: Not too many.

GREG: By any means.

WHAT ARE YOU MOST PROUD OF?

KFG: As a group, I'd have to say just sticking with it this long. The dedication has brought us a lot of opportunities.

WHAT'S YOUR FAVORITE SONG?

FISH: Life on Mars by David Bowie.

GREG: Them Changes by Thundercat.

WHAT'S YOUR FAVORITE MOVIE?

FISH: Sweet Sweetback's Badass Song.

GREG: Jacob's Ladder.

WHAT'S ONE THING PEOPLE DON'T KNOW ABOUT YOU?

FISH: I'm forklift and CPR certified.

GREG: I'm in your baby mother's contacts.

WHAT'S THE BEST PART ABOUT WHAT YOU DO?

KFG: Being able to create. A lot of people don't have an emotional outlet, let alone one that has set goals that coincide with it. It's truly an honor to have people listen to our expression.

WHO ARE SOME OF YOUR HEROES?

FISH: That's tough. Maybe Nick Diaz or my dad. That's a corny answer, but I do look up to my pops hella.

GREG: Big fan of Hendricks. Not so much the lifestyle, but the message.

ELLENSBURG

MON

THE PORCH

\$5 Mojitos
3 p.m. to close

FRONTIER

\$1 Domestic Drafts
6 pm to close

WING CENTRAL

\$2 Bud Light &
Budweiser 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 off tequila

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, \$2.25 Coronas

WED

THE PORCH

\$5 Glasses of Wine

STARLIGHT

\$2 singles, \$3 doubles

FRONTIER

\$2 Whiskey Drinks

WING CENTRAL

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

VALLEY CAFE

Ladies Night: 1st
Wednesday of the month
5 part meal & two glasses
of Sangria, \$35

THE PALACE

\$4 Moscow Mules

ROADHOUSE

All Day Happy Hour

BAR CALENDAR

TH/FRI/SAT

THE PORCH

Thursday \$5 all pints

FRONTIER

\$2 Wells all day

STARLIGHT

Thursdays- \$5 Teas, \$2 shot specials
9 p.m. to close

THE PALACE

Taco Thursday, 79¢ Tacos,
\$2.25 Coronas,
\$3.50 Loaded Coronas
*Friday Only- \$3 Fireball
Shots

WING CENTRAL

\$1 off all 101 Beers
\$2 Bud & Bud Light

301

\$5 slushies

HAPPY HOURS

THE PORCH

3-6 p.m. daily, 8-10 p.m.
Fridays and Saturdays

BLUE ROCK

2:50-6 p.m. daily

STARLIGHT

3-7 p.m. & 9p.m.-2a.m.,
\$1 off wells, drafts & house
wines, half off appetizers,
\$1.25 off martinis

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

VALLEY CAFE

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

THE TAV

Monday-Friday 3-5:30 p.m,
half-off appetizers, \$1 off
pitchers, micros & domestics,
\$2 wells, \$6 for 2 Barney
burgers Appetizers, \$1 off
pitchers, \$2 Wells

HORSESHOE

Monday-Friday 4-6 p.m., 9-11
p.m., \$2.50 wells and domestic
drafts

THE PALACE

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

301

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

WING CENTRAL

Friday & Saturday, \$5 Wildcat
tea & whiskey; Sunday, all
specials offered during week



CALL FOR ARTWORK!

**“ONE PROUD WORLD”
QUEER ART SHOW
SUBMISSION DEADLINE: MAY 9**

**SAVE
THE
DATE!** An exhibition of artwork by queer artists
and allies in support of CWU Pride Week,
May 30 – June 4, 2016. Submissions are
open to CWU and Ellensburg communities.
START MAKING ART!
And watch for more info to come!

OPENING RECEPTION, FIRST FRIDAY ARTWALK, JUNE 3 @ 420 GALLERY

WWW.CWU.EDU/EQUAL/PRIDEWEEK



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CWU is an AA/EEO/Title IX Institution. For accommodation: DS@cwu.edu

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**DIVERSITY &
SOCIAL JUSTICE**