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Observer

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Women's Softball
slides into GNAC
tournament.
-See page 10



Scene

CWU presents: a magical night at the opera

By Ben Ramirez
Staff Reporter

This week, the CWU Opera Ensemble and the CWU Chamber Orchestra put the finishing touches on a production they have been working hard on since November. "The Magic Flute" will open on Saturday, May 6, in the concert hall of the McIntyre Smith Music Building.

"The Magic Flute" was written by Mozart in 1791 and is what is known as a singspiel. This means it sounds less like the dramatic, high pitched opera sound that people generally think of and more like a musical.

Singspiels consist of dialogue followed by a musical number. "The Magic Flute" is a comedy and will be performed in English instead of its original German.

"This particular singspiel form was a period of time that was a popular art form," said Gayla Blaisdell, Associate Professor of Voice and Opera and co-director of the production. "It was for the masses, it was meant for everyone... ["The Magic Flute"] is not what people think of as a typical opera but I'm also trying to educate people to think of opera as a wider scope with more diversity."



Reed Phillips/The Observer

The CWU opera rehearses "The Magic Flute". The show will open this weekend on Saturday, May 6 in the McIntyre Music Building Concert Hall at 7 p.m.

- See "Opera" on page 7

Sports

Head b-ball coach named in wake of resignation

By Natalie Hyland
Staff Reporter

Interim head coach Randi Richardson has been officially named head coach of the CWU women's basketball team. Richardson is now the fifth female head coach in CWU history and the first female head coach since the Wildcats moved to the GNAC in 2001.

"I'm very excited as a woman," Richardson said. "I like to see women get

opportunities in coaching and I'm very happy for the opportunity."

The announcement of Richardson as head coach, came only two weeks after the announcement of former coach Jeff Harada's resignation.

In the wake of Harada's departure, the team overwhelmingly supported the idea of Richardson as head coach.

"I'm really excited about [Richardson] being the coach," said freshman Alexis Pana. "We already know her. We know

her mindset, her style of play."

Richardson received word of her promotion early last week and recalls her initial reaction to the job offer.

I felt "overwhelmed with emotion and just very grateful to the athletic department ... for having faith in me to be able to do the job," Richardson said. "It means a lot that they have trust in me and faith in me to lead them into next year."

- See "Head Coach" on page 9



Courtesy of CWU Athletics

Scene

CWU students celebrate diverse Latin heritage

By April Porter
Online Editor

Twirling, brightly colored skirts will fill the stage of the McConnell Auditorium with lively dancing and upbeat Latin music. This year's Latin Week will be full of dancing events and concerts celebrating Latin culture.

The Latin dances have been directed and choreographed by Randy Lopez, a CWU student. Lopez has been helping in Student Involvement and has been dancing since he was 8 years old.

- See "Latin Week" on page 8



Reed Phillips/The Observer

Israel Garcia singing and playing his guitar during a solo piece at practice on Tuesday in the music building.

News

Barto Hall Superman: Dale Hubbard

By Ryan Kinker
News Editor

In the corner of the SURC along the front wall of 88.1 the 'Burg's office, trophies sit on a shelf and plaques fill the walls. These awards recognize the students and volunteers of years past and their commitment to college radio.

The longest plaque has a distinction at the top: DJ of the Year. Halfway down the award list, a name is etched in gold on one of the tiny, black boxes: "Dale Hubbard, 2005-2006 DJ of the Year."

Hubbard was a recognizable voice at the 'Burg for many years, and still has a presence and effect on the lives of CWU students.

Hubbard has worked for Custodial Services in academic buildings and residence halls for over 21 years, and he has worked in Barto Hall since its reopening in 2012. However, his connection to CWU goes deeper than that.

Hubbard's family moved to Ellensburg in the mid-60s when he was a toddler and his mom worked at the university. The family moved to Tri-Cities before Hubbard's senior year and he graduated from Kennewick High School in 1980.

"Back when Bouillon Hall was the library, my mom used to have an office in there," Hubbard said. "My dad and my step-dad were students here as well."

- See "DJ of the year" on page 4

EVERGREEN SCENE



Reed Phillips/The Observer

Florida representatives Matt Gaetz and Darren Soto are fighting to change the Drug Enforcement Agency’s weed policy.

Cannabis as a Schedule III drug

By Miles King
News Reporter

Florida House of Representatives members, Matt Gaetz and Darren Soto, proposed a bill in mid-April to move marijuana from a Schedule I substance to a Schedule III substance.

In 1970, President Richard Nixon signed the Controlled Substances Act, that classified marijuana as a schedule I substance. Other schedule I substances include heroin, LSD and ecstasy.

These substances are illegal and a high potential for both abuse and dependence, according to the Drug Enforcement Administration (DEA).

Brittany Choyce, owner of The Green Shelf in Ellensburg, does not believe that cannabis should be classified on the same level as other schedule I substances.

“I can’t believe all the things scheduled lower than it such as Xanax,” Choyce said.

Xanax is a schedule IV substance and is legal with low

potential for abuse and dependence according to the DEA. Although, like any prescription drug it can be abused. Long term effects of Xanax include depression, impulsive behavior and psychotic moods, according to DrugAbuse.com.

Current laws prevent dispensaries from utilizing basic banking services, such as loans and checking accounts.

Banks caught providing services to federally illegal dispensaries can face criminal charges and fines, according to Federal Deposit Insurance Corporation (FDIC) regulations.

If moved to schedule III, dispensaries would be granted access to banking services that are currently restricted.

“Being able to bank like every other retail industry would make life a lot easier,” Choyce said.

She also recognizes that banks have their hands tied because they are federally insured by the FDIC.

Sales of illegal substances prohibits businesses from re-

ceiving regular business tax deductions, according to U.S. Tax Code 280E. The rescheduling of pot would allow dispensaries to receive tax deductions that would enable them to keep more of their profits .

With certain tax deductions available, “customers would pay significantly less at the counter”, said Choyce, by passing the savings onto consumers. Instead of maintaining current pricing and accumulating higher profits, Choyce would lower prices with the goal of bringing in more customers and more sales.

Movement from schedule I to schedule III would not change the policies at CWU. According to Mike Luvera, CWU police chief, “So long as the federal government has marijuana as an illegal substance, the policies and practices around a campus would not change.”

The CWU student conduct code also states “Federal law prohibits any possession or use of marijuana on university premises or in connection with university activities.”



Observation Deck

‘Head bent over, raised up posterior’

Hey Wildcats,

Instead of talking about some big headline or hard-hitting investigative piece, I thought I’d talk about an article that I think is a little more universally interesting.

It’s about butts.

When researching topics to talk about this week, I only found a fair amount of writer’s block.

But then I stumbled upon an article from The Seattle Times that made me a little more hopeful for the human race.

It was written by Tyrone Beason, who I had the pleasure of meeting at a college journalism summits, and is titled “We cannot lie: The cultural significance of Sir-Mix-a-Lot’s ‘Baby Got Back’”.

The Seattle rapper’s hit turns 25 this week and Beason not only celebrates the song itself, but celebrates its cultural impact.

I didn’t know what to expect, but I was more than happy with what I got.

I was constantly surprised by how many synonyms Beason could find for someone’s ass. Beyond that, I learned that the song’s impact was entirely lost on me as I was born five years after the release in 1992.

I recommend all of you give it a read, it’s such a simple short piece about how Sir-Mix-a-Lot nearly single-handedly shifted how many people viewed certain body types.

Particularly, Beason writes, “the song simultaneously objectifies and subjectifies black and brown women, reframing an underappreciated physical attribute as the ultimate symbol

of desirability.”

This is something I’d never really thought about when listening to “Baby Got Back”.

I always thought it was simply the catchy song that it is, but it also paved the way for a lot of social change we can see today according to Beason.

Beason goes on to talk about how nowadays we see celebrities and musicians (think Kim Kardashian, Nicki Minaj, Fergie and Meghan Trainor) celebrate numerous different body types.

This is the main part of the article that made me optimistic. While I chuckled about the article’s novelty, I also thought about how far we’ve come.

We can look at the world around us and see a lot of meaningless death and despair. It’s so constantly flaunted in our face that it’s hard to lose sight of what we’re accomplishing every day.

A popular song shifted our culture in merely a decade or two and that couldn’t have happened at any other point in our history.

Think about where humans started out at and how long ago that was.

Now think about where we were at 150 years ago. Our growth is exponential and I think the human race is doing pretty well.

It’s difficult to look past the war, environmental destruction and general hatred towards one another.

But at least we have pop songs about butts now!

See you next week Wildcats,

-Kailan Manandic, EIC

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Corrections: On page 9, the graph with “A Star Wars review” was mislabeled as “not adjusted for inflation”. The numbers on the graph are adjusted for inflation.

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NEWS

EDITOR: Ryan Kinker | news@cwuobserver.com

“DJ of the Year” from page 1

Hubbard then spent four years in the United States Coast Guard and married to his wife of 34 years, Stephanie. Their first date was at a dance in Sue Lombard Hall. He went to community college before he became a student at CWU himself in 1986.

“The Coast Guard was cool, but I only did it for college money,” Hubbard said. “I’m the only kid in my family to go to school here.”

Hubbard was involved in both music ensembles and student media during his days as a student and after graduating in 1989 with a bachelor’s in communications and music, he worked different jobs in the area before finding a position as a custodian in 1995 that he has stuck with ever since.

“Once you get into Custodial [Services], they want to keep you around,” Hubbard said.

Working in Barto Hall, Hubbard’s goal is to know the names of between 50 and 60 of the over 250 Barto residents by the end of each academic year. He always asks them three questions when he meets them.

“I always ask where you’re from, what you’re going to be when you grow up, which is a trick question because I don’t know what I want to be when I grow up and how your day is going,” Hubbard said. “The students are awesome, and I



Jack Lambert/The Observer

Hubbard won many awards for his years volunteering at 88.1 the ‘Burg, including “DJ of the Year” in 2005-06.

love this building. The freshman are killer... When I get new hires that don’t know what to do [with students] I’ll tell to just engage them. It’s a beautiful thing.”

Hubbard knows that living on campus is practically a requirement for first-years students, but thinks they control their experience.

“I like that program, and I love the freshman program,” Hubbard said. “Because you have to [live on campus], but your attitude is everything about being here. All you’re supposed to do it go to school and all I’m supposed to do is make it so you can. Make sure the kitchen is clean, the bathroom is clean, you don’t have to worry about anything

and get your food from Dining Services. The vibe is cool.”

Hubbard is also a big supporter of the Resident Assistants (RAs) of Barto Hall.

“I love how fired up they are,” Hubbard said. “It’s a good community and how that program goes. [They] go through a lot of crap for what you get out of it. RAs are the difference between being really successful or not... I love how positive RAs keep it.”

Fiona Corner, the residence hall coordinator for Barto Hall, believes that Hubbard’s effort and enthusiasm is exemplary compared to staff at CWU and at other schools she has worked at as well as helping her transition to working at CWU.

“He’s been pretty integral to my transition with his knowledge of CWU and Barto Hall. I’ve worked in five residence halls and I’d never had a custodial staff member that I connect with,” Corner said. “His impact on our students is second to none. He doesn’t shy away from investing in them... Dale is probably the best [custodian] in terms of communicating with the students.”

In addition to bonding with residents and RAs over the last few decades, Hubbard has ingrained himself into both the CWU and Ellensburg community.

He served as a board member for Jazz in the Valley, Ellensburg’s summer jazz music festival, for 18 years, was president of the CWU chapter of the Washington Federation of State Employees (WFSE) from 2000 to 2005, participates in different musical groups on campus (such as Brass Choir and Jazz Band) and in Ellensburg and even hosted his own blues show on 88.1 the ‘Burg for 13 years.

“I also did a Friday morning show with Thom Kokenge for about six years,” Hubbard said. “Thom and Dale’s Morning Show, we’d get there a little before 6 a.m. every Friday and it was a blast.”

Kokenge, after he got his start in radio at CWU and local Ellensburg station 95.3 KXLE-FM, has been the host and producer of All Things Considered on Northwest Public Radio (NPR) since 2007. NPR is based at The Edward R. Murrow

College of Communication at Washington State University.

In addition to winning “DJ of the Year” in 2005-06, Hubbard was voted into the Tom Craven Memorial DJ Hall of Fame in Nov. 2001 and May 2003.

Bret Smith, associate professor of music education, went to school with Hubbard in Ellensburg and was a few years younger. One of his first memories of Hubbard was when they were in middle school and Hubbard played “Spinning Wheel” by Blood, Sweat and Tears.

“We had a talent show and he came out with an electric guitar,” Smith said. “As a middle schooler, I thought that was really cool.”

When Smith accepted a position to come back to his hometown and teach at CWU, he hadn’t told anyone he was moving back.

“When I moved back, one of the first phone calls I got was from Dale,” Smith said. “I hadn’t told anyone yet but it’s a small town so he must have heard around.”

Since then, Smith and Hubbard have played in a rock cover band together called Short Term Memory. They cover songs by bands such as Led Zepplin, the Rolling Stones and Duran Duran.

“We named the band that because none of us could remember the words,” Smith said while smiling. “So we had this giant binder of songs which is so different from playing jazz or rock. We put it together and didn’t have any real pressure to perform or succeed or anything. I love that we can just pack up and play loud music and choose our favorite songs.”

[Hubbard] “is fun to play with and he’s a positive guy with great cheer,” Smith said. “The support he gives to all of us [at CWU] is great. Running an institution like CWU takes a lot of people.”

In 2015, Hubbard earned his master’s degree in public administration from Norwich University by taking classes online after work. He hopes to do a lot of things he’s always wanted to do in life in addition to his job.

“I’m resigned to being here, it’s a good job,” Hubbard said. “I’m trying to break into teaching with my master’s, so we’ll see. That’d be fun, and I’ve got a book in me somewhere. I studied leadership and organizational behavior and that’s something I’m really interested in.”



Xander Fu/The Observer

Hubbard has had an impact on hundreds of Barto residents in his time at CWU.

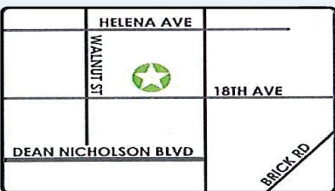
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Monica Reece-Bruya, secretary extraordinaire

By Ryan Kinker
News Editor

While professors are well-known on CWU’s campus, some of the most important staff members are not as visible, despite having a bigger impact on the success of students and faculty.

By filing paperwork and helping keep students and staff aware of important events, secretaries allow students to focus on class while professors can focus on their students.

Monica Reece-Bruya, the secretary senior for the geography department, is integral to the success of students and faculty in the geography department.

“I just really love working with students and helping them succeed on their path to graduation,” Reece-Bruya said. “It’s very fulfilling to me.”

Reece-Bruya has been working in the geography department since summer quarter of 2014, after the retirement of long-time secretary Marilyn Mason, who gave 17 years of service to the geography department. Reece-Bruya has been in the community for much longer, as her husband, Chris Bruya, has been the director of jazz studies in the Music Department since 2002.

Bruya and Reece-Bruya are both alumni of CWU, and



Xander Fu/Observer

Reece-Bruya sits at her desk in Dean Hall with a stack of forms and applications that go through her office on a daily basis.

came back to the city where they spent their college years. Bruya took the position as a professor while Reece-Bruya worked in town.

“I graduated and got on the path of working in assisted living homes,” Reece-Bruya said. “I got my Nursing Home Administrator license, and I worked in that field for a long time.”

When the geography department was looking for a new secretary, Reece-Bruya applied because she wanted to be on campus and involved with students.

“The job was open and when I interviewed it seemed like

a great group of faculty and staff,” Reece-Bruya said. “I just thought it would be great to be a part of that.”

Since she joined the department, Reece-Bruya has earned the love of her coworkers. In an open letter from May 2015, geography department Chair John Bowen acknowledged Reece-Bruya’s impact.

“Finding a person to take Marilyn’s place was a daunting challenge and we feel exceptionally lucky that we were able to hire Monica Reece-Bruya as our new secretary,” Bowen said. “Monica has already proven to be exceptionally competent

and has quickly become a familiar, friendly face to whom students can turn for help.”

Associate Professor of Geography Jennifer Lipton said that Reece-Bruya has more than met the needs and demands of faculty over the past few years.

Reece-Bruya “has been fantastic, we’re so happy to have her,” Lipton said. “She’s been wonderful support for us, she makes everyone feel at home. She has such a great sense of humor and she’s very positive, especially when there are changes at the university. She knows how to roll with it.”

Chris Bruya said Reece-Bruya

isn’t one to brag about her own life.

“When she told me about this story, I asked her why someone would want to write about her,” Chris Bruya said. “She’s very humble and can’t even comprehend why someone would want to know about her.”

Bob Bruya, Reece-Bruya’s son who is a senior jazz performance major at University of Miami, said his mom has shown care for others her whole life.

“She grew up with animals and we have some now as well. She views all life as something special, with a high regard for people and nature,” Bob Bruya said. “She’s an extremely loving and empathetic person.”

Chris Bruya said his wife always goes above and beyond for people.

“Our son’s birthday was a few days ago and we had a Skype call,” Chris Bruya said. “She’s sitting there with a birthday hat and a party horn. All she said was ‘I’m a mom, I have to do these things’.”

Bob Bruya knows Reece-Bruya has appreciated working on CWU’s campus as well.

“I know she has really enjoyed working with the wide variety of people at CWU,” Bruya said. “She connects with everyone she meets.”

Editor’s Note: Ryan Kinker is a geography major.

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OPINION

EDITOR: Kailan Manandic | editor@cwuobserver.com

Keep your eyes on North Korea



By Eric Rosane
Staff Reporter

If you've been watching any form of news coverage over the past month, you've probably been subjected to the occasional "bloody-murder-esque" form of reporting, the equivalent of major news corporations declaring the end of days, on the recent missile launches by North Korea.

In an attempt to keep relevant observationalists on them, the North Koreans held a military rally last April to showcase some of the nation's most sophisticated and relevant arms in the way of missiles, some used and some, experts said, are still in development.

Of the five missiles that were shown at the rally, only two have the potential to be launched as an intercontinental ballistic missile.

Within the past week, discussions have been aimed at whether or not the Northerners' have the capacity for such a nuclear program, but whether they are truly able to launch a military strike against the United States on the Western front.

Cities such as Seattle, San Francisco and Los Angeles have been mentioned multiple times in the media as possible



Courtesy of (stephan) on Flickr. You can find this picture, titled "North Korea - Pyongyang" on his Flickr page.

first targets for the Northerners. Recent analysts have expressed criticism that North Korea is definitely on the verge of developing such a weapon.

In an interview with the Seattle Times, President of the Ploughshares Fund Joseph Cirincione expressed severe caution on the subject.

"If they can hit Seattle, sooner or later they're going to be able to hit Washington (D.C.)." Cirincione said. "What would they gain by hitting Seattle? Why would they do this? The only thing you can come up with is madness."

So is Seattle truly a viable target?

Some would say most likely not. Its fairly self evident that NK's recent showcase of mis-

siles is nothing more than a stagnant way to instill fear in Western society and that war, or military action, would be nothing short of detrimental to North Korea's civilization. So, essentially, it could all be a bluff. And President Trump, to an extent, is calling out this bluff.

In a Reuters interview last Thursday, April 27, Trump expressed great gratitude to China's President Xi Jinping, for everything he's done in response to North Korea's actions and has even given praise to Kim Jong-un, noting the strength that Jong-un must have possessed in the wake of inheriting his father's position after his death.

Even with those remarks, Trump didn't dismiss the po-

tential for conflict with North Korea. "There is a chance that we could end up having a major, major conflict with North Korea," Trump said.

I honestly don't think that we'll see a major confrontation with North Korea in the next 5 years, but that doesn't necessarily mean I'm going to dismiss the possibility.

With the increase in missile tests by North Korea's nuclear program, it's evident that they're making astounding progress at an increasingly accelerated rate, and that can only tighten the tensions that are already felt here in North America.

North Korea wants to be seen, and to the person that wants to brush their actions off as a simple song-and-dance routine, I

believe that maybe we should be more critical about the way we react and investigate these missile tests.

If the missile tests are really failures, then it's evident that they're learning from these mistakes.

That with each passing test, their technology and science are being improved upon, which will bring them one step closer to being able to imminent success.

As their nuclear technology becomes smaller and their missiles become fluent, it's likely that North Korea's political grip on society will weaken.

I don't think that it's irrational to theorize that perhaps North Korea is just testing certain aspects of missile launches and then aborting said experiments.

Why else would every missile launch end in a diluted, unexplained failure that ends up with the missile being doomed to the sea?

It's inadequate for us to assume that we're sincere in doubting their abilities, when really we should take perspectives on their progress and make accurate predictions as to where they could possibly on this subject in 5 years time.

As we examine these possibilities, and plan for future confrontations with the nation, we need to realize that self-criticism will be one of our greatest tools in mitigating lethal contact in one of the world's most tense political relationships.

So stay aware and observant.

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Scene

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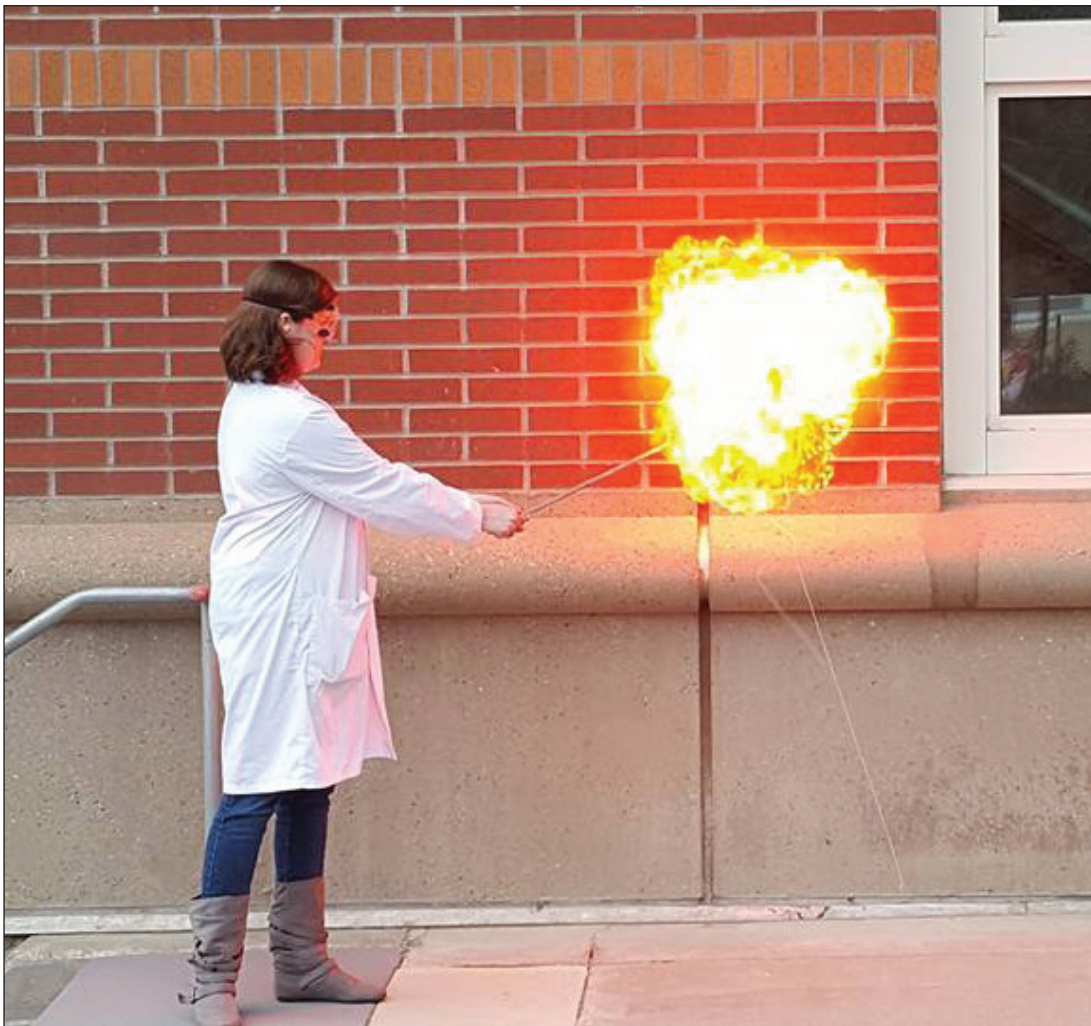


Photo Courtesy of Chemistry Club

Playing with fire is just another experiment to the members of Chemistry Club who will be showing this trick during the fair.

Fiery Explosions

The Savvy Science Fair will teach students about the STEM program with educational hands-on experiments

By **Susie Chavez**
Scene Staff Reporter

This upcoming weekend, the CWU Chemistry Club will present its third annual Savvy Science Spectacle. This three-part event will include a hands-on STEM fair and a demonstration competition between CWU science clubs with a planetarium show to follow.

STEM clubs participating in the event include: physics, astronomy, geology, chemistry and biology, as well as Society of Physics Students and Institute of Electrical and Electronics Engineers (IEEE).

This is the first year that the event will include a hands-on STEM fair before the competition begins and a planetarium show once the event ends.

"The purpose of the hands-on STEM fair is so that people from the community have the opportunity for hands-on engagement, as well as [the ability] to ask questions," said Jacob Ferong, a senior physics major and founder of the Savvy Science Spectacle.

Ferong founded the Savvy Science Spectacle 3 years ago when the event was just science clubs competing against each other.

"The ultimate purpose for starting the event was so that STEM fields could get together," said Ferong. "I also hope that this is a good bridge so that clubs talk to one another."

According to Ferong, the event also aims to expose people to

Savvy Science Fair

When: May 6, 4 p.m.
Where: Hertz Auditorium, Planetarium
Price: Free

STEM and give people a better understanding of what STEM is.

Eamonn Clarke, chemistry major and president of the Chemistry Club, said "this event will also give us great teaching experience since the demonstrations will be more lecture based."

This is why the Savvy Science Spectacle is open to public and everyone is encouraged to bring their friends and family.

Over the past couple of years, demonstrations have included playing music through fire and blowing up hydrogen balloons.

This year, the IEEE will be incorporating racing robots, the chemistry club will be making oobleck slime during the hands-on fair, as well as making elephant toothpaste as part of their demonstration.

The night doesn't stop with just experiments, however. The Biology Club will also be bringing in some of their reptiles to show participants.

The club with the best demo will win a trophy. For the past two years, the Chemistry Club has won the award for the best demonstration and are "hope-

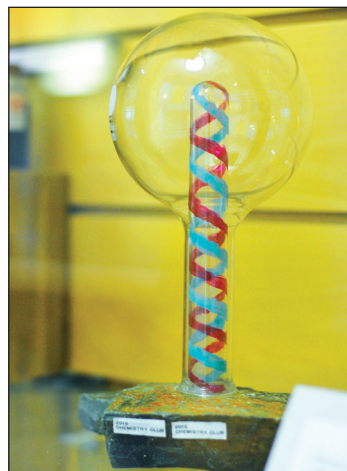
ful to win again this year and in my opinion, chemistry has the flashiest demos," Clarke said.

"Because we are huge science nerds" the winner will be determined by the audience, as the club that receives the loudest claps—measured in decibel meters, according to Clarke.

Darby Wedekind, a junior science major, encourages everyone to come to this educational event because, "it will be an exciting and fun night filled with science experiments and I am excited to see what people will take from the event."

"If you are looking for something to do Saturday evening and want to see 'Bill Nye experiments 2.0 but in person,'" said Wedekind, regarding the demonstration.

Future scientists are more than happy to answer any questions and invite the community to become engaged and learn more about science at this educational event for a night of learning.



Xander Fu/The Observer



OBSERVER HEALTH

Ask Dr. H

Dear Dr. H,

What is the best way to get rid of stress?

Dear student,

Stress is certainly having its "moment" these days, and although stress has been around since the dawn of time. The stress we experience now—particularly as students—has greatly evolved from the environmental challenges affecting our crops and potentially wiping out our sustenance for the season, to the every-overwhelming class load, work and social life.

Stress is never ending, and the sooner we can develop some coping strategies, the better. Due to the sheer number of things you could potentially be stressed about, I'm tackling this topic in a two or three-part series.

First, I want to differentiate between different types of stress: chronic and acute. I'm focusing here on acute stress, this is very common, short-term stress that presents itself frequently for students: a tough exam, a break up with a partner or getting called into work when you need to study for said exam.

This is different from chronic stress, the long-term, sustained stress, as it is more strongly associated with health: not having enough food to eat, experiencing job insecurity and discrimination or stigma that pervades daily life. While I know that students can, and do, experience chronic stress, much of it results from more systemic issues of social injustice and inequity beyond the scope of a 700 word column.

For short-term, acute stress, the "best" ways to "get rid" of stress are those methods that motivate you to tackle a challenge, or rest and restore you after tackling said challenge, without any undue harm on yourself or others.

While it may be tempting to blow off steam by starting the weekend party early, ask yourself if your coping strategy is really your avoidance strategy.

Example: If you're struggling to balance your class load and work, you need sleep, proper nutrition and exercise with ample evidence to support that. Neglect your sleep, proper nutrition and exercise and there's a slim chance you'll

have the mental capacity to manage your time in a way that reduces the stress of your homework and job.

Learning to manage your time will put you on the fast track to managing the stress in your life, which is all we can really hope for, because many of our stressors aren't going away.

I can't emphasize SLEEP enough. If we're up half the night cramming for an exam, engrossed in Netflix or incessantly checking social media, not only are we wasting precious time, we're setting ourselves up for diminished performance.

Screen time is not restorative time, so put down the phone, tablet or computer at night. If you still want information on sleep hygiene check out: healthysleep.med.harvard.edu/healthy/getting/overcoming/tips.

Next, the healing powers of nature are real, my friends: Get outside. I know, we were all suffering from Seasonal Affective Disorder over the winter, but it's spring now. The sun is out. Take advantage of that. Can you walk or ride your bike to school or work? Can you get a friend to walk around town/campus with you on a break in between classes? Even just incorporating 20 minutes of time outside, use it to re-set for the task at hand or clear your head after a rough conversation.

Finally, if you're eating crap and keeping within a 10-foot radius of your couch, the sluggishness will overtake your mental capacity to think and act clearly in stressful times. You just won't feel good and it's a vicious cycle of stress, poor coping and more stress.

Make sure you're eating a balanced diet with plenty of fresh and whole foods, and avoid excess caffeine, alcohol and fried food. Move your body. Sign up for a class through the SURC, dust off that bike or grab a friend and pledge to meet up for morning, afternoon or evening workout.

If your issue is lacking time for all of your obligations and you're wondering how to pack it all in, remember that these coping strategies should rejuvenate your fervor for life. Now that you've replaced your nightly movie marathon with sleep, you'll have more energy to actually accomplish what you need to.

Dr. Jill Hoxmeier is a public health professor at CWU. Send anonymous public health and sex-related questions to askdrh@cwuobserver.com and have them answered here.

Scene

EDITOR: Sarah Hoot | scene@cwuobserver.com

“Opera” from page 1

This opera is about a man named Tamino and his sidekick, Papageno. The two are sent on a journey by The Queen of the Night to rescue her daughter, Pamina—who Tamino is in love with—who is being held by a man named Sarastro. To help with their quest, Tamino is given a magic flute and Papageno is given a magic glockenspiel.

According to Blaisdell, the opera follows Tamino’s search for enlightenment and love while he battles with the choice between good and evil. Sarastro makes Tamino and Papageno face a set of difficult trials. During these trials, an old hag tells Papageno that she is going to be his wife. The hag eventually reveals that she was a beautiful woman in disguise named Papagena. In contrast of Tamino and Pamina, who are dramatic and romantic, Papageno and Papagena act as the goofy couple who keep everyone grounded.

“[Papagena is] a very fun character. We get to be the down to Earth stuff that the audience can relate to,” said Juliet Hollifield, a junior vocal performance major and one of the students who plays Papagena. “There are a lot of genuinely hilarious things that are going to be happening in this show.”

Despite what the Queen of the



Reed Phillips/The Observer

The comedy of “The Magic Flute” is balanced by some dark costumes and scenes that bring drama and tension to the show while lighter romances keep things comedic.

Night said, Sarastro is not the bad guy that Tamino believes him to be. Sarastro represents the sun and friendship, while the Queen of the Night represents the dark and bad side of life.

“The character Sarastro has taken my daughter from me and I am trying to get her back and get Sarastro killed. I am evil essentially,” said Victoria Busby, a senior vocal performance major and one of the students who plays the Queen of the Night.

On Sunday, May 7, there will be a pre-performance lec-

ture by Mark Samples, assistant professor of musicology. Samples will give historical context to the show and talk about the way operas were performed in the 1790s. This performance is not aiming to be historically accurate, so Samples will give the audience an idea of what it would have been like to watch it in Mozart’s time.

After the two shows in Ellensburg, the cast will travel to Leavenworth to perform at Icicle Creek Center for the Arts on May 13 and 14. Icicle

Creek Center for the Arts has hosted CWU in the past when the Opera Ensemble performed Mozart’s “The Marriage of Figaro”. Blaisdell is grateful that the students have the opportunity to take their show outside of Ellensburg.

“It’s a great learning experience as well as a lot of fun,” Blaisdell said. “It’s a live performance of peers, it’s a fun production, it’s in English and it’s accessible. If you’re ever going to see an opera, this is the opportunity.”


Magic Flute Performances

When: May 6 (7 p.m.) & 7 (4 p.m.),

Where: McIntyre Smith Music Building Concert Hall

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CINCO DE MAYO CELEBRATION

Unheard Voices: Cinco de Mayo takes over Cornerstone Pie for the Fifth of May

By Alex Palacios
Scene Staff Reporter

Many people may believe that el Cinco de Mayo is a holiday celebrating the independence of Mexico from either Spain or the U.S. In celebration, many people use the day to drink Corona or tequila and eat Mexican food.

This year, however, the Center for Leadership and Community Engagement (CLCE) has decided to re-educate the community with their event, Unheard Voices.

This event will serve to reinform the public of the misrepresented holiday.

Spearheading the event will be Jasmine Bustamante, a senior accounting major and Spanish minor. She is an employee of the CLCE working as a program leader.

CLCE is an organization that does everything from hosting blood drives to organizing river clean-ups. A lot of the work that they do requires as much man-power as they can get, so volunteers are welcome.

Last week they had close to 300 people help out with their Earth Week Yakima River Clean-Up project, according to Bustamante.

Not only does CLCE help students get volunteer hours, they also give students the chance to learn about different social narratives throughout CWU.

Bustamante was chosen to lead the event because of her close cultural ties to el Cinco de Mayo.

The day will be full of events including speakers, musical performances and poem recitals. There will also be a piñata making station for kids.

The CLCE wants anyone who’s interested to learn about el Cinco de Mayo’s origins and to partake in a small slice of Mexican culture.

CLCE employee Ashley Anderson, a sophomore marketing and economics major, is one student who will benefit from the event.

“I think it will be good for the whole community. I didn’t even know what el cinco de mayo was,” Anderson said.

The focus of Unheard Voices is determined by the program leaders and

in collaboration with Cornerstone Pie and D&M Coffee.

This event’s topic was mostly chosen due to timing. Other CLCE hosted event topics have included Hospice

Friends, Kittitas County Friends of Animals and Prisoners of War.

“We decided to go forward with the Cinco de Mayo idea, because it got brought up during the discussion and we realized that it fell on a Friday,” Bustamante said.

CLCE usually hosts these events once a quarter, but due to the number of other CLCE events they decided to make this the only one for the year.

“Since we’re so busy with other events, we just decided to make this event bigger than we normally would and put more effort into this and other programs,” said Bustamante.

Also helping to host the event is former CLCE member, Omar Manzo. Manzo is studying Spanish, political science and Latin American studies at CWU.

“This event gives us the opportunity to reclaim our cultural heritage and educate the community on cultural respect and competency,” Manzo said.

“This event gives us the opportunity to reclaim our cultural heritage and educate the community on cultural respect and competency.”

-Omar Manzo, Spanish, Political Science and Latin American studies major



Luis Pineda/The Observer
Yajayra Garcia, a Mariachi Club member, practices violin at a club meeting in the McIntyre Smith music building.

“Latin Week” from page 1

Some people may not know of the existence of Bailadores de Bronce, but Lopez has a personal connection with the group with whom he learned how to dance when he was a kid. Lopez has done multiple productions with them in Seattle and Yakima.

There are six regions within the country from Northern Mexico to the Yucatan Peninsula and each is unique in its cultures and landscapes. The dances will represent five of the different regions of Mexico. The goal of the dances is to educate the people in the audience about Latin culture, dance and history.

While attending CWU, Lopez felt like a second class citizen and he is seeking to change this.

“CWU needs more diversity,” Lopez said.

Many other clubs supporting diversity are also seeking to bring about change on campus, including the event sponsor, Student Involvement, Mariachi del Centro, Center for Leadership and Community Engagement and many others.

It will “promote Latin heritage and culture,” said Andre Dickerson, director of Student Involvement. Dickerson thought it would be great to sponsor this

event, as it will be a great presentation of Latin culture.

“It is all student lead,” Dickerson said. According to Dickerson, an event like this will support the students from the Latin culture as well as inform the rest of campus of the Latin culture.

Anyone who attends the performance at the end of the week will get a chance to hear the history and culture of the dances. The dances will be performed by Bailadores de Bronce of Seattle, as well as Ballet Folklorico Los Bailadores Del Sol of Central Washington.

There will also be the CWU Mariachi Del Centro with Jose Iniguez (Award-winning opera and bolero tenor) according to the CWU events page.

“I am excited as an audience member,” Dickerson said. “[It] should be a great time.”

Cinco de Mayo Events

Unheard Voices: May 5, 4 p.m. - 6p.m.
World Without Walls: May 6, 1 p.m. - 2:30 p.m.



Jack Lambert/The Observer

The Cinco de Mayo Unheard Voices, event put on by the Center for Leadership and Community Engagement (CLCE), will be hosted at Cornerstone Pie on the corner of 5th and Sprague.

SPORTS

EDITOR: MITCHELL JOHNSON | sports@cwuobserver.com

Spinters break 4x100-meter record, again

By Simo Rul
Staff Reporter

The CWU women's 4x100 relay team broke the record at the first home meet with a finish of 46.83 seconds. There is a lot of confidence going forward.

"It feels wonderful [to break the record], I just know it's one of the small things that we accomplished, and there is way more things we're about to break."

freshman hurdler Erykah Weems said. They do not get to practice the relay much, the thing they have to do is believe in one another.

"Just simply having faith in each other, I think that's just what the base of it is," Weems said.

For this team it's only about taking steps in the right direction. "Our team is just about faith, and we just keep on growing," Weems said.

The four ladies, Erykah Weems, sophomore hurdler Mariyah Vongsaveng, senior hurdler Tianna Banfro, and senior sprinter Maddie Garcia wanted to break the record going into the meet.

"We were kind of expecting it, we were actually hoping for [a]

... faster time, because we could have had the record the last year or two," Banfro said.

Banfro said they could run faster, and the ladies plan on breaking it again.

This is déjà vu for the ladies as GNAC approaches.

"I think we are ranked third right now going in, but we were third last year...and came out with the title," Banfro said.

Banfro is happy about what the Wildcats have accomplished, and is looking forward to the team's future.

"This is a great team, we're exceeding each meet, the team is getting stronger every year. As I'm a senior, I'm excited to see what Central has to continue to do," Banfro said.

This team has not practiced a lot, or even raced together, but the record is theirs.

"It was really important [to break the record], because that was the second time we put that team together," said assistant coach Bryan Mack.

Mack announced this is the team that will represent CWU at the GNAC tournament.

Things did not necessarily go



Courtesy of CWU Athletics

Sophomore Mariyah Vongsaveng hands hurdle off to senior Tianna Banfro during their record setting performance at the Spike Arlt Inv.

as planned, but they still managed to break the record.

"They're pretty confident right now that they can be a 46-flat, maybe sub 46 team," Mack said. "It wasn't a perfect race, the first handoff was a little off a couple steps, second handoff was way off, and this last one was pretty good. There is a lot of room to improve."

Mack believed that the ladies were capable of breaking it.

"I was impressed, but I also expected them to break [the record]. I knew they had the ability to go sub 47," Mack said. "I kind of had the expectation, but it didn't make it any less impressive."

Mack said carrying this momentum is important, in case if they don't get to run again before

GNACs, he's hoping they can practice with the same energy that they broke the record with. If they go run their race, and do what they have to that they can repeat as GNAC champions.

The current record is held by Alaska Anchorage with a time of 46.37. The Wildcats will have a few more chances to break the record with a few meets to go before the GNAC tournament.

"Head Coach" from page 1

When it came time to inform the team of decision, Pana recalled the immediate change it had in her day, although she wasn't really surprised at the announcement.

"I thought [Richardson] was going to get the job," Pana said. "Everyone screamed really loud. We were so happy for her, we talked about it all day."

Junior Beverly Verduin also

recalled similar emotions.

"I'm excited—we were all excited," Verduin said "I love Randi and I think she's going to be great for our team."

Of course, when appointing a new coach, changes will happen including the implementation of Richardson's own three-pillar philosophy.

"They will be expected to compete every day in all that they do. It's not just about competing with the person standing

across from them, it's about inter-competition," Richardson said. "The second thing is they will learn ... and the third thing is they will love; in order to love something, you have to be fully invested, so they will be fully invested and they will love their teammates and they will love this program."

Richardson plans to spend the offseason getting the team more acquainted with philosophy and style of play.

"I think we'll be more of a transition and running team," Verduin said. "It's going to be more [about] pushing the ball as much as possible."

Pana, who was recruited by Richardson last year, explains why she feels strongly about having Richardson named at coach.

"She was a college player, so she understands every perspective that everyone on the team has," Pana said. "I'm expecting changes, but I feel like

it's not going to be so drastic that... we feel like we're starting from the bottom."

Now that the search for a head coach is over, the team can turn their focus to bringing tough competition to the GNAC next season.

"We want to be a GNAC championship contending team," Verduin said. "I definitely want this year to be my best year yet and to have our team go further than we've gone."

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SPORTS

EDITOR: MITCHELL JOHNSON | sports@cwuobserver.com

Softball has College World Series in mind

By Rachel Greve
Staff Reporter

The CWU women’s softball team is leaving postseason play behind them and getting ready to defend their GNAC title.

Finishing first in the GNAC and setting more records this year, the team is looking to go even further this year than they have in previous seasons.

“We have talked a lot about the end point, and that’s Salem, Virginia, where the college world series are this year,” said head coach Mike Larabee.

Last year, the team broke records by not only clinching their first GNAC tournament title, but also by getting to the super regional tournament in California before being knocked out by Humboldt State University.

This year, they have already broken a bigger record than last, most wins in a season.

“From the beginning, we have always talked about competing for a national championship and we go after it in parts.

“From the beginning, we have always talked about competing for a national championship and we go after it in parts.”

-Mike Larabee, head coach

ships, Regionals, Super Regionals and ultimately, the World Series. Taking it game by game and pitch by pitch is what’s going to get us there,” said senior infielder Kailyn Campbell.

Campbell, who is currently sitting on the National Player of the Year watch list, has helped lead the team to numerous victories with her strong at bats and breaking a GNAC record along the way.

“It’s a humbling experience to be able to break a conference record and be in the books with some of the greats. I didn’t even know about it until after the games,” Campbell said.

Campbell set a new GNAC record with 193 career RBIs, and the season isn’t over yet.

Campbell isn’t the only one who is standing out; however, the entire team is getting ready for another record breaking post season.

“Post season is the best time of the year. As Coach Bee always says, once postseason rolls around we are all 0-0, nothing we did before this will affect what we do now. Postseason is a different vibe and it’s so much fun,” said junior outfielder Celine Fowler.



James Stuck/The Observer
Senior pitcher Kiana Wood throwing a pitch during their doubleheader with Saint Martin’s University. Wood has been CWU’s ace this season.

The team may be defending GNAC and West Regional champions, but they still have some fighting to do after a difficult end to regular season play.

“We have beat every team in our conference at least twice,” Larabee said. “I have to keep reminding the team to play the highest level of catch possible to get to where we want to be, Salem, Virginia.”

This will be the Wildcats’ sixth appearance in the GNAC tournament. The stakes are high and both Larabee and Campbell believe the team has it in them to go all the way to the College World Series.

The Wildcats’ first game is Thursday, May 4, against Western Oregon University in Lacey.

Celine Fowler commands center field

By Alanna Inzunza
Staff Reporter

Playing as an outfielder for the CWU softball team, junior Celine Fowler first found her love for softball at a young age.

At 4 years old, she began playing t-ball and by 9 years old she was playing competitively. Since then the sport has played a big part in her life.

By freshman year of high school, Fowler was told by her parents she had to pick a sport and she decided to go with softball.

Fowler played for the Lady Sharks till 16U. Then after 16U, she played for the Washington Lady Hawks.

“Which is a very competitive program its good, its what got me here,” Fowler said.

All her hard work during high school got Fowler where she is today. She chose to come to CWU after realizing this was a school that could help her succeed in this sport.

“I wanted to stay close to home...I wanted to actually get to play for a team and not just sit and run the bases,” Fowler

“She’s a center field[er], so she’s got to take control of that outfield. She has done a great job on that.”

-Mike Larabee, head coach

er said. “I felt like CWU was a really good spot where I could compete and get myself into a starting position and I worked my way up and I’m so happy with my choice and I wouldn’t change it at all.”

Head coach Mike Larabee has seen her grow into her full potential.

“When I got here last year in the fall, our entire outfield wasn’t very good to be honest ... just through a lot of repetition and doing things the way she was taught to do, she’s improved a lot just her ability to command the outfield,” Larabee said. “She’s a center field[er], so she’s got to take control of that outfield. She has done a great job on that.”

Her teammates describe her as someone who you would want to be around. Someone who has an amazing personality.

“She’s really bubbly and that’s always fun to be around,” said senior first base player Kailyn Campbell.

While teammate senior outfielder Sammy Morris described how they’ve just hit it off from the start.

“It’s been fun, we’ve had a lot of good times together,” Morris said. “We’ve played together for the last three years.”

During the off season, Fowler is a Seattle Mariners Ball Girl. She is one of the few outspend athletes and students that is chosen for the highly competitive job.

“It’s so fun we get to sit on the field and talk to fans and like give the balls to children which is really, really great,” Fowler said. “It’s just fun to be a part of the Mariners’ team and they’re a really good organization to work for.”

Fowler is looking forward to the upcoming games the CWU softball team will be playing in hopes to clinch a spot in the regionals.

“We really got to take all four of them. We really have to clinch that spot for that championship and I think we have absolutely no problem doing it,” Fowler said. “We’re going to bounce back really hard after three losses but other than that I think we’re all really prepared for it.”

As for her future, Fowler is majoring in elementary education. She will always want softball to play a role in her life.

“I want to be a teacher and I want to have a family... I [just] wanna enjoy life. And I’ll probably still coach, maybe play slow pitch or something, but I don’t think the game will ever leave my life,” Fowler said.



James Stuck/The Observer
Junior outfielder Celine Fowler during a doubleheader against Saint Martin’s.

SPORTS

EDITOR: MITCHELL JOHNSON | sports@cwuobserver.com

Dalto succeeds on mound, batters box

By Sabrina Wheelhouse
Staff Reporter

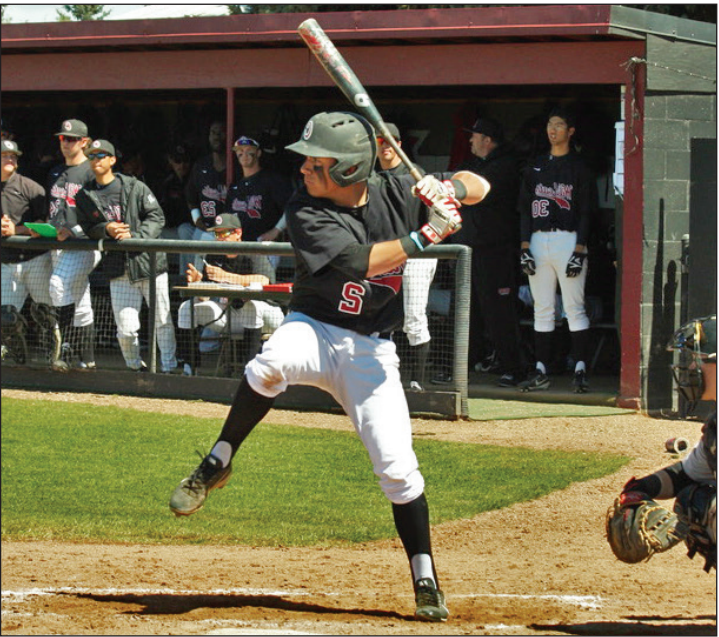
Not many people can say that they play the sport they love at the college level with their life-long friends but lucky for one Wildcat, he can.

Chris Dalto was first introduced to baseball through his family. He began watching it on the television with his father and eventually started playing after he watched his older brother play. Since then, he recalled being in love with baseball since he was 4 years old.

As he continued to play throughout the years, he found constant support and motivation from his family, which helped push him to keep pursuing baseball and compete at the college level.

“Hitting my first walk off hit during my year at JUCO, in front of my grandparents, was a special moment for me and made find a deeper passion for [baseball],” Dalto said.

Dalto was first recruited to a junior college in California where he spent a year. Three days before school started, he received a call from coach Wilson at CWU about the possibility of playing here. He knew right away that he wanted to make the switch because two guys he grew up with and played baseball with since they were young-



Arber Demiri/The Observer
Dalto has appeared in 43 out of 46 games for the Wildcats.

er had already committed to play at CWU.

Having friends already at CWU made it an easier transition for him.

“He he had the tools that we needed and also had connections that helped us find him. We needed infielders and he fit right in with the program and team,” said Head coach Desi Storey. “His leadership and confidence was another bonus as was knowing we would have him for three years.”

Dalto has had great success this season on the field, earning

Player of the Week for April 10 and NCBWA West Region Player of the Week. Dalto is hitting .323 on the season with two home runs, 13 runs batted in, and eight doubles. On the mound, he has a 1.74 earned run average in 10 appearances and five saves.

“Hitting my first home run this season against NNU was definitely something I’ll remember as a Wildcat and probably my favorite memory so far at CWU,” Dalto said.

The thing he loves most about baseball is when the first

pitch is about to be thrown. He finds the most excitement is that knowing he gets to play his favorite sport every day.

After college he hopes to continue his baseball career and get drafted to the league as a pitcher or middle infielder.

“Dalto is an entertaining player, mentally and physically, he has the tools and just enjoys playing the game as hard as he can every day,” said assistant coach Scott Stone. “He is confident and comfortable with who he is as a player and isn’t afraid to fail.”

About Chris Dalto

Hometown: Valencia, Calif.

Year: Junior

Positions: Infielder/reliever

Innings Pitched: 13.1

Saves: 6

Batting Average: .318

GNAC STANDINGS

MEN'S BASEBALL

- * Western Oregon [25-10]
- * Central Washington [22-14]
- * Northwest Nazarene [19-17]
- * Montana State Billings [18-18]
- Saint Martin's [13-22]
- Concordia [10-26]

WOMEN'S SOFTBALL

- * Central Washington [20-8]
- * Western Washington [19-9]
- * Saint Martin's [17-11]
- * Western Oregon [14-14]
- Northwest Nazarene [13-15]
- Concordia [11-17]
- Montana State Billings [10-18]
- Simon Fraser [8-20]

* teams that qualified for for the GNAC Tournament



SPORTS

EDITOR: MITCHELL JOHNSON | sports@cwuobserver.com

Plenty of places to fish in Kittitas County

By Andrew Kollar
Staff Reporter

The Yakima River Canyon is considered a staple of the Ellensburg area and is known for having a beautiful landscape, carved away by the river, thus making it a popular destination for fishing. In addition to the Yakima River, there is the Teanaway River, which runs into the Yakima River further downstream and the Columbia River all within an hour of Ellensburg's Historic Downtown.

Rivers are dependent on glacier melt, it causes sediment to come down with the water flow, decreasing visibility and the fish are unable to see the bait, creating an added level of difficulty opposed to fishing in lakes.

People wanting to fish should head to Cle Elum, to the upper section of the Yakima River or try fishing the Teanaway river for more on shore access. The rivers prove to be a bigger challenge considering the fluctuating water levels, clarity and the WFWD regulations prohibiting the use of bait, per Riley Jorgenson, biology education major

and avid fisherman. "If you want to go and fish in the canyon, you are going to have a pretty tough time," Jorgenson said. "This [is] the period of the year where it's at its highest and bank access is pretty limited."

Although the fishing in the Yakima River is more challenging than the local lakes, Sam Gutierrez, molecular biology major, would prefer to fish in the canyon because of the geography surrounding the area. As a biologist, Gutierrez enjoys looking at the erosion caused by the thousands of years of the river cutting through it.

Gutierrez recalled a time when Jorgenson invited him on a spur of the moment steelhead trip. Starting with curiosity looking to see how much water the dams on the Columbia River were letting out and when they saw the graph reach the lowest point, they took off.

"As soon as we got there: Wham, we were yanking big ass fish out with everyone else looking at us who had been sitting there for hours with nothing to show for it," Gutierrez said.



Courtesy of Pexels

Rivers do add the additional element of the natural geography of the river valleys to the fishing experience, but if someone is looking to strictly catch fish, the local lakes are another option.

"The Yakima [River] is a great, beautiful river, but the fish there aren't planted. They are just wild fish that have a pretty particular pallet. They are a lot tougher to catch," Jorgenson said.

The Naches Fish Hatchery has planted thousands of rainbow trout, ranging from 1.2 to 4 pounds per fish in the local lakes, including the four-acre Mattoon Lake and the 27-acre McCabe pond, both are within a 15-minute drive of downtown.

The WDFW releases bi-weekly reports with full disclosure on number of fish they plant in every lake in Washington, includ-

ing the weight in pounds per fish. This information provided by the WDFW will let fisherman know where they will find the most productive lakes.

When fishing lakes, the factors that make river fishing more difficult does not apply. The clarity and water level will remain consistent all year round, except in the case of an algae bloom, making it a reliable source for fishing.

“We were yanking big ass fish out with everyone else looking at us who had been sitting there for hours with nothing to show for it.”

-Sam Gutierrez, molecular biology major



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