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A day in the life: Mackenzie Gaul

By Clayton Huber
Staff Reporter

A normal day for senior pitcher Mackenzie Gaul starts at 6:30 a.m. He goes to weights, which start at 7 a.m. and lasts for an hour and a half. After that, Gaul heads to his scheduled classes, which run until about 1 p.m., depending on what day it is.

Last season Gaul was 6-2 as a starting pitcher with 14 starts. The left-hander collected 72 strikeouts with an earned run average of 3.18 and was named GNAC Pitcher of the Year.

This schedule gives Gaul about an hour to relax and eat whatever food he can pack up in the morning.

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Understanding marijuana on campus

By Observer Staff

To kick off Marijuana Awareness Month, the Wellness Center has brought back Marijuana Mondays. On Feb. 1, Mackenzie Knowlden, a health education intern for the Wellness Center, kicked off this series talking about policies and important legal information regarding marijuana.

Guest speakers Jennifer Rentz-Hammond, coordinator of student rights and responsibilities at CWU, and Doug Fulp, med health education intern for the Wellness Center, joined Knowlden by speaking on how marijuana affects CWU.

CWU is funded by the state, which means that it must follow federal laws. Marijuana is still illegal under federal law, so therefore marijuana is not allowed on campus.

If the campus were to decide that it wanted to follow Washington state law rather than federal law, that would result in loss of funding for the university and much of that funding would immediately come from financial aid, possibly leaving students unable to attend college.

This school year there have been around 500 violations solely involving marijuana on campus. “Since fall quarter of last year, the number of students with marijuana violations on campus has doubled,” Rentz-Hammond said. “Who knows what the cause of this increase was, but the numbers show something has changed.”

Day in and day out, Rentz-Hammond reads reports of students who have violated the student code of conduct. This includes not only drugs and alcohol, but also academic dishonesty. Her job is to uphold the student code of conduct and assist students with making the right steps forward after a violation. When it comes to drugs and alcohol, Rentz-Hammond and Fulp work hand in hand.

As Rentz-Hammond works on the legal side for students, Fulp works on the health side. When it comes to violations, it is not something that is taken lightly by Fulp. Everyday he takes time to educate and help students who come in with violations, but students do not always follow up with him. On average, of the students with violations, only 50 of them actually show up for their required meeting, he said.

At the Wellness Center, Fulp and other staff members continue to make efforts to come up with new programs to assist students with a positive direction forward. The biggest struggle that they have found is that alcohol-related violations and marijuana-related violations are not held at the same standard.

The Wellness Center is working to change that perception.

The next three Mondays of February, Knowlden will discuss different marijuana related topics at 5 p.m. in SURC 140. For more information, you can visit the Wellness Center in SURC 139.

I want to take a second to address an issue that came up regarding the cover photo from last week’s issue. The photo depicted an art exhibit that featured some material that might be offensive to some people. That was not the goal of the exhibit or of the paper, in fact the exhibit’s message was to spur thinking about America’s past and confront the harsh reality of it. As a newspapers we strive to give voice to all people and promote awareness within the community. That being said, I apologize for not providing context to the photo that was placed on the cover. We should have given more details on the exhibit that took place last year as a part of the First Friday Art Walk series. The photo was meant to represent the event itself and not that particular exhibit and I apologize if I offended anyone.

Now for the rest of the Observer Deck.

Happy post-gam, Wildcat! Let he be known that I did not watch the Super Bowl due to the lack of cable and general uncaring. Although, I did hear that the Eagles won so congrats to them, I guess. In the spirit of the game, I will be setting about some of the commercials that caught my eye. I googled them so if I missed any good ones let me know on the Observer’s Facebook or Twitter (send links too for I can see them)! “It’s a Tide ad!” This was my favorite one. It starts unexpectedly with David Harbour driving a car in an attempt to make you think that the ad is for a car, then pans to a bar scene for another fake-out. But in a surprise move, Harbour stated that the ad is in fact for Tide because there are no stains anywhere in the commercial. I liked this one because it was funny without being that sort of obvious Super Bowl comedy and it gives slight jabs to other commercials.

“Alexa Loses Her Voice” - Whatever would the world do without the trademark Alexa voice to help us in our daily lives? Well, now we know.

When Alexa loses her voice, the people at Amazon have to go plan B, which is using other famous voices. With cameos from Chef Gordon Ramsey, Rebel Wilson and Anthony Hopkins this commercial makes me glad we still have Alexa. I loved that Ramsey was the cameos voice for a cooking question and I hope that Alexa voices all cooking-related answers.

“West World 2” - This commercial was one of the trailers that caught my eye. I am not a huge fan of action movies or show trailers because they are so fast-paced that I am not sure what exactly the show or movie is about. The West World trailer was a full minute which gave them enough time to build some narrative and draw me into the world they were creating. And as someone who hasn’t watched the first season, I now want to watch the show and see if it is as good as it looks.

“Linsey Vonn, Olympians” - Out of all of the Olympic commercials from the Super Bowl, this one was my favorite. It featured Linsey Vonn, a U.S. skier, and her career as a ski. The ad showed her getting into a bad accident during one of the Olympic events and her training to get back into competing shape, while being set to “This Girl is on Fire.” I thought this ad was motivational and showed how difficult it is to be an Olympic athlete.

These are my favorites for this year! Once again there were ads that were good and some that were not so good, some with subtle humor and some that beat you over the head with it. I didn’t see the “The halftime show” but I heard Justin Timberlake killed it, but there were no “nip slips” this year (what a disappointment).

Have a great work everyone!

Signed, Sarah J. Hoot

Editor in Chief

Quote of the Week

Clean air and clean water is a healthy place to live is an essential value of everybody in the United States of America. It is not a Democratic issue, it is not a Republican issue.

-Gina McCarthy, former EPA Director

February 16, 2018
Second climate discussion focuses on ecosystems

“Fire” from page 1

Going into what he calls a “History of Forest Mismanagement,” Arango proved that he does know some amount about fires. He said that forest fires are a natural part of the ecosystem. He detailed how efforts in fire suppression have led to worse fires, as policies meant to prevent fires have led to an accumulation of dry vegetation, which fuels bigger fires when they eventually do happen.

This has unfortunately caused natural wildfires, which used to burn hot and fast, to become incredibly drawn out and hard to stop.

Last August, the Jolly Mountain Fire burned through 35,000 acres of forest land and caused over 150 households to be evacuated. This doesn’t even touch on the effects that higher global temperatures are having on the frequency and strength of forest fires.

Fires, however, are not the only cause of deforestation.

Arango has been researching the western spruce budworm, a native species which feeds on trees in the PNW such as the Douglas fir. Worm damage in recent years has been on par with forest fire damage, with hundreds of thousands of acres destroyed.

According to Arango, the destruction from fire and worms goes hand in hand, as worms have far more of a food source and population boom when natural fires are prevented.

The second part of the presentation began when James took to the podium and turned the focus to another PNW staple which may be in danger as well: fish. Native fish populations, including salmon, have been on the decline.

James focused in on the endangered bull trout population, which has been on the decline with the increase in dams and fishing. Rising temperatures are expected to worsen this decline as well.

“Bull trout in the basin due to temperature are pretty much doomed,” James said.

However, all is not lost. There has been talk of new trout hatcheries and other plans to bring back the native populations.

Endangered fish species have been saved before. In the late 90s, many scientists thought salmon would be soon lost, but thanks to countless conservation efforts in the region, salmon population decline has been slowing and in many waterways the fish have begun to migrate again.

James said, “climate change will and is damaging salmon and other species.”

Flooding is another concern. James announced that last year’s flooding was an inconvenience and that future flooding will happen and it will be worse.

The flooding and the dryness of future summers puts many big parts of the Washington economy at risk. Apple orchards and wineries are in danger, as are hops.

Overall, James predicts change and potential danger in the future for Washington and Yakima Basin waterways.

There are solutions and plans, many aren’t favorable, such as a proposition made by an audience member to remove roads in forested areas so as to reduce the need for fire suppression.

Such a solution might work but would be a hard sell, as many people would lose access to forest areas. That doesn’t even mention a proposition made by Arango.

“Let’s just put a dam at the Yakima River Canyon, and turn the whole valley into a lake,” Arango said with a laugh.

Climate change will and is damaging salmon and other species.

By Jack Belcher
Senior News Reporter

There were very few empty seats in the SURC Ballroom when former Director of the Environmental Protection Agency (EPA) Gina McCarthy began to speak. McCarthy immediately let the audience know she believed that these were uncertain times in Washington D.C. She said that regardless of the preference, at the end of her speech she wanted everyone to feel hopeful about the future.

“Clean air and clean water and a healthy place to live is an essential value of everybody in the United States of America. It is not a democratic issue. It is not a Republican issue. It is not won or lost by one party,” McCarthy said. “This is the core value that we have celebrated and successfully delivered for 47 years using federal laws, and that is not going to change in the course of a year or four years or eight years.”

McCarthy was the director of the EPA from 2013 to 2017 under the Obama administration. She has a master’s degree in environmental health engineering and planning from Tufts University and a bachelor’s in social anthropology from the University of Massachusetts.

During her time at CWU on Feb. 6, McCarthy participated in two events. The first being a student reception and discussion involving the CWU Environmental Club and the Cultural and Environmental Resource Management Association (C E R M A), that took place in the Science II building.

The second event was the speech in the SURC Ballroom that was followed by a Q&A.

“I really enjoy how straightforward she is, and I really thought she had some inspirational things to say,” said CERMA member and graduate student at CWU Adam Riffle.

McCarthy ended her talk in the SURC Ballroom with giving CWU students a choice. They could either sit back and watch the world change, or if they cared about the future of the environment, then it is up to them to do something about it.

Former EPA director visits CWU, urges students to take action

By Jack Belcher
Senior News Reporter

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Assistant professor Clay Arango speaks to a crowd of 55 last Thursday in Dean Hall.

By Jack Belcher
Senior News Reporter

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McCarthy ended her talk in the SURC Ballroom with giving CWU students a choice. They could either sit back and watch the world change, or if they cared about the future of the environment, then it is up to them to do something about it.
Creating an environment where the worlds of soccer and Science, Technology, Engineering and Mathematics (STEM) come together to help low-income, middle and high school students reach their goals is what Game On! is all about.

Game On! combines soccer and coding in such a way that the students become mentors to one another. The program is an opportunity for students to continue into higher education and is currently funded by CWU, Microsoft, and Real Madrid foundation.

“Every kid that we’re working with, we’re saying YOU can go to college,” said Manuel Rodriguez, CWU executive director of Game On!. “These kids may not have had anyone to tell them that they can, or [they] may not have any role models in their family or friend circle.”

When asked about the criteria to get into the program, Rodriguez replied that he does not choose the students, the schools choose because they know the students better. The program is centered toward low-income, first-generation students who might be disengaged.

Game On! provides the students with hands-on experience in the STEM field as well as soccer-related field trips. It provides opportunities of a lifetime for students who otherwise may not get a chance to see their capabilities.

This is important because, with two completely different subjects, there is room for growth and leadership. Students who prefer soccer over computer coding may help mentor those who prefer computer coding and vice versa.

“Coding provides a critical thinking, problem solving approach to pretty much anything,” Rodriguez said.

Through Game On!, students are able to learn more about the different aspects of teamwork. “…Using brand name giants to reel [the kids] in, but through the coding and soccer, provide them with skills and values that we instill in them through our activities and sessions such as respect, self-esteem, teamwork, and inclusivity,” Rodriguez said.

Rodriguez expressed his belief in the kids and is proud of what he and the other partners have accomplished and will continue to accomplish in the lives of these students.

This program is currently on its third year and is involved with six different schools. The purpose of Game On! is to create a pipeline of students who go onto a higher education. This new building will provide the university with over 80,000 square feet of room to expand departments such as exercise sciences, clinical physiology, nutrition para-medicine and other public health programs.

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“Budget” from page 1

Then, in December, the Supreme Court ruled that the state needed to add another $1 billion for teachers’ salaries. Most of the new budget is going towards the new Health Sciences building that will replace Hertz Hall, which is set to be demolished winter quarter of 2019.

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RIP to the print newspaper industry

By Kaileen Sauriol
Copy Desk

If you are reading this, congratulations—you are not the majority. Maybe you are my friend, my mom or someone who saw this paper on the bench you were about to sit on so you picked it up.

However, it is more likely that I snapped an artsy photo of this article with either a Gingham, Juno and Lark filter and posted it onto my social media. You grab your K-Cup espresso and rest your phone against the fluorescent hue of a screen wake you up.

According to the Pew Research Center of Journalism and Media, in 1980, around 62 million people received a paper daily; but, in 2016 they estimated that only 35 million people received a paper. That is almost half—HALF.

Print media has declined. Because of this decline, the industry around print media has evolved into a more digital presence; many now have turned completely digital while others only print a Sunday issue or have a bi-weekly release.

Unlike magazine, known for edgy and controversial edits announced that its 2017 October issue would be the last in print. This magazine is now completely online and although it holds the same content, there is a difference.

I used to get so excited to get my subscription every month in the mail, yet now I just get an email reminder amidst the junk mail tab. Nylon is not the only of its kind to make this switch. Regardless of their reasons why, this is likely to become the new norm.

So I ask, why is there such a strong hold on print media when no one really reads it? Why can we groan about composting on campus yet our mail tab. Nylon is not the only of its kind to make this switch. Regardless of their reasons why, this is likely to become the new norm.

I walk to class, but I only read hardback books; hand me a Kindle and I will dislike the book because I can’t feel the pages beneath my fingers, I can’t physically connect.

In a world of virtual reality, first-second photos, and social media celebrities, where does print media fit? Is there a connection between digital news and the "fake news" our president groans about online? Are the eye-catching, sensationalistic headlines of digital news real news? "Fake news" is nothing but keen marketing, the dependence of the less educated, and the focus on the capitalist incentives rather than the truth. Maybe fake news has been perpetuated by the mass amount of media online. Tap an app and your opinion will be validated by at least one news source. As someone who works on a newspaper on campus, I see the importance of printed, hard, crisp media. I still need a tactile news source in my life.

Maybe I am a minority in this opinion, but it is something to consider: What role does print media have in an era dominated by the online?

Beware the slow walkers

By Tai Jackson
Staff/Reporter

My frustration with this issue started my freshman year. Imagine being late and your class is all the way on the other side of campus. You look at the time and it says you have 4 minutes to get to class.

Determined to get there on time, you begin walking at a pretty steady pace.

Your backpack bounces a little harder against your back as you look down at your phone and notice that you now only have 3 minutes left.

Picking up the pace, you notice your breath shortening and your shin begins to hurt from trying to walk as fast as you can without going into a full sprint.

Despite the redness in your face and a minor sweat, you’re excited to see that you’re almost there, and that’s when it happens: someone steps in front of you.

I’m an overall pretty happy person and it typically takes a lot for me to get irritated, but if I had to name one thing that grinds my gears, it would have to be being stuck behind slow walkers.

I’m not talking about just any slow walkers, but the ones who end up unintentionally blocking your every move when you try and get around them.

It’s as though they have eyes in the back of their head and they can tell when you are trying to get past them; I move left, they move left, I walk right and they walk right. It’s just impossible.

These walkers love to take their sweet time getting to their destination, especially when you’re in a panic to reach yours. It seems that there’s no way around them, at least while you’re still in college.

There is no doubt about it, at least once in your college career, you will run into the dreaded “slow walker.”

For those who will someday endure this incident, here are a couple tips to help you keep your calm:

1. Take a deep breath. If you’re like me, slow walkers are frustrating, but just take a couple deep, slow breaths and slow down your pace. You will get there eventually.

2. Leave early. Leaving early can be very helpful when trying to find a way to handle slow walkers. Leaving a few minutes earlier than you normally would help create a little slack for those times when you are stuck behind slow walkers.

3. If you see a gap, take it. This means that if you are walking and you notice a slight gap open up where you might have a chance to get around the slow walkers, take it. Otherwise you will be stuck behind them for who knows how long.

4. Avoid busy areas. This is self-explanatory, but try and avoid walking in crowded walkways. This helps lessen your chance of running into slow walkers.

As you continue your college career, I wish you luck on your journey to classes, and beware of the “slow walkers.”
GRAND OPENING

FEBRUARY 1ST

We are... OPEN
Blue Rock Saloon rocks their grand re-opening

Henry Crumblish
Staff Reporter

CWU students love to party and have fun. Hundreds of people descended upon Downtown Ellensburg to experience the re-opening of Blue Rock Saloon.

The anticipated re-opening of the local watering hole was met with a horde of Wildcats in lines wrapping around the block.

Live music from the DJ could be heard from outside. Despite rainy weather conditions, students were eager to be let inside for Thirsty Thursday or $1 beer night.

Jouvani Phoonprida-Robinson said the crowd at Blue Rock was larger than average. There were “so many bodies in the club that someone had to leave the club to make room for someone else to enter. If two people left, two people came in.”

Blue Rock Saloon was closed for approximately two months due to construction and much needed renovations on the interior, including new flooring and a new stage.

During its absence from the social scene in town, the beloved bar was missed not only by CWU students but employees who were out of work. According to Chelsea Lunsford, manager of Blue Rock, putting things in motion for the re-opening involved “every single employee and a lot of work.”

During their hiatus, Blue Rock also expanded their menu by adding several Po’Boy sandwiches and a variety of barbecue items, including baby back ribs and a barbecue platter.

According to Jim Rowe, owner of Blue Rock Saloon, he was able to learn and master the recipe for the Po’Boy sandwiches by watching YouTube videos and looking at the spices and ingredients used in the videos. Blue Rock also now serves a variety of barbecue items, including baby back ribs and a barbecue platter.

Blue Rock Saloon has several themed nights and events planned for the upcoming months. Starting in March, the first Friday of every month will feature live music. In addition, the bar plans on hosting themed parties at least once a month, with Feb. 10 being 90s Night.

Customers said the reputation around campus for Blue Rock is that it is a place to dance and turn up. Around 9 p.m. is typically when a wave of students descend upon the business. However, if you were to arrive at Thirsty Thursday around 4 or 5 p.m., the scene is drastically different.

In the afternoon before the nightlife begins, there’s locals finishing up work on laptops calmly conversing with staff.

“We’re still looking to be the same great bar that we were before but at a new level.”
Mike Wollridge, Bartender at Blue Rock

Blue Rock Saloon plans to continue Taco Tuesday, Thirsty Thursday and drink specials for students.

Blue Rock Saloon

Times - Monday: Closed
Tuesday: 4 p.m. - 12 a.m.
Wednesday: 4 p.m. - 12 a.m.
Thursday: 4 p.m. - 1 a.m.
Friday: 4 p.m. - 2 a.m.
Saturday: 11 a.m. - 2 a.m.
Sunday: Closed

Where: 404 N PINE ST.
ELLENSBURG, WA 98926

90’s Throwback Party
Date: Feb. 10 at 10 p.m.
Web: www.bluerocksaloon.com

“If the main thing I think, is this bar created a niche in the scene that wasn’t there before. You have a lot of different bars around town that offer a lot of different stuff and I feel we brought a different feel,” bartender Mike Wollridge said.

Wollridge likes the contrast between the nighttime and daytime customers at Blue Rock and believes Blue Rock is able to appeal to both the older and student crowd.

“You can come and have a good meal here, you can relax here during the day, but it’s also a crazy club scene at night and that’s unlike anything else here in town,” Wollridge said.

Blue Rock also expanded their drink menu by adding several cocktails for those looking for something with a little more taste than $1 beers.

CWU student Shane Revel turned 21 while Blue Rock Saloon was temporarily closed. On Friday morning the day following the re-opening, Revel said he couldn’t remember how many beers he drank, but that he had a good time.

“We’re still looking to be the same great bar that we were before but at a new level,” Wollridge said.

Photos by Jack Lambert
Illustration by Leo Andreas
By Bryce Jungquist
Staff Reporter

Flowers, heart-shaped candy, large balloons, teddy bears and love. Valentine’s Day is a holiday that focuses on love. Restaurants can expect to have a few patrons celebrating the occasion by going out for a fancy meal. But what if someone wants to home?

Ryann Mosher, special events coordinator for Campus Activities, said the event is for students. She said Campus Activities doesn’t mind if people want to stop by and leave after hitting the piñata.

She said in a scene of the movie “Valentine’s Day,” everyone gets dumped. All of the characters end up going to a restaurant for a Lonely Hearts Club party and beat up a large heart-shaped piñata.

Mosher said many people are stressed out at this point of the year, because those who are single on Valentine’s Day most likely concentrate on finding a relationship.

“The event is like having a way for letting your stress out while also having fun. I think [that] is really important, especially as college students,” Mosher said.

Mosher said the event will most likely appeal to singles, but anyone can come. She said if people go into the SURC with their partner, they won’t be barred from participating.

Mia Patterson, special events coordinator at Campus Activities, said she has always felt indifferent regarding Valentine’s Day.

Mosher said she spends Valentine’s night instead of out to dinner with their significant other. “We thought, why not target people that are going to be in the SURC on Valentine’s night instead of out to dinner with their significant others,” Mosher said. “Hit some piñatas and eat some candy.”

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Scene
Editor: Daisy Perez scene@cwuobserver.com

Stickers feature sex, politics and war

By Daisy Perez
Scene Editor

Stickers encased in glass frames: A naked woman sitting wearing a gorilla mask is captioned “Pussy Power.” A bold black and white sticker reads “IMPEACH NIXON” and another depicts former president George W. Bush with a large Pinocchio-like nose with the caption “LIAR!”

The Paper Bullets: 100 years of Political Stickers from Around the World is an exhibit and the first time it has appeared in the Pacific Northwest. The exhibit contains over 1,600 stickers that demonstrate stickers as street art that reveals history as well as historical movements.

The co-curators are Catherine Tedford and Oliver Baudach. Tedford has collected over 10,000 stickers since 2003 and is the gallery director at St. Lawrence University. Baudach is the founder and director of Hatch Kingdom, the world’s first museum devoted entirely to sticker art.

Tedford said in a statement that she first noticed stickers during a trip to East Berlin “where the streets are splashed with creative and powerful images and messages…”

While Baudach said that, he also mentioned how his interest started when he was 12-years-old and lived in Spain. It wasn’t until his friend gave him big stickers that he truly became fascinated with them.

Baudach and Tedford, along with a group of students they took to Germany, collaborated on an exhibit of street stickers from around the world that has now become known as The Paper Bullets exhibit.

Interim Director of the Museum of Culture & Environment Hope Amason said the museum wanted to find an exhibit that showcases relevant social issues.

“The stickers give voice to ideas and social issues,” Amason said. “A lot of people look at them and think they’re coming from the progressive right, which not all of them are, but that’s because the progressive left has orientations to fighting back.”

Amason said the sticker that stands out to her is one that reads “No Nation.” It features a snowboarder with wire cutters and barbed wire behind it.

This sticker makes her think of the “current immigration debate, but this sticker actually addresses European immigration,” Amason said. “But it makes me think about current immigration issues that are transforming not just a U.S. debate, but human rights throughout the world.”

Last week's sticker of the week was of a man on a boat shouting “SHUT UP” at people drowning in the water. The caption reads “Climate Change isn’t Real!”

The exhibit highlights stickers from Egypt, Indonesia, US and many other countries dating from the 20th century to present day.

Sticker exhibit
When: Feb. 8 to March 10
Where: Museum of Culture & Environment
Times: Wed. - Fri. 11 a.m. to 4 p.m. & Sat. 10 a.m. to 3 p.m.
**Men’s basketball looks to playoffs**

By Miles King

Staff Reporter

After winning five games in a row, CWU Men’s Basketball holds the fourth best record in the GNAC. The top six teams qualify for the GNAC playoff.

After losing six of their first nine GNAC matchups, the Wildcats earned important wins over rival Western Washington University (WWU) Feb. 1 and Northwest Nazarene University (NNU) Jan. 23. CWU swept the season series against NNU, who are just ahead of them in the GNAC standings.

CWU has just six games left on schedule and all of them will be vital for their playoff hopes. The Wildcats will play University of Alaska Fairbanks (UAF) on Feb. 8, who are currently tied for fifth with NNU in the GNAC standings. CWU lost to UAF earlier this season 83-86 in a close contest.

CWU will also play Seattle Pacific University (SPU) their second to last game of the season on Feb. 22. The last match-up with SPU resulted in a one point loss 83-84. CWU, SPU and UAF are bunched together in the standings, only separated by a single loss or win. Sophomore guard Karsten Chaplik believes the team can finish the season strong.

“We just gotta keep doing what we’re doing on this win streak right now,” Chaplik said.

A number of injuries have contributed to the Wildcats’ slow start to the season. CWU lost junior forward Drake Rademacher and senior guard Marc Rodgers to injury.

“I would love to see this team make a run during the next stretch… I think they are ready,” Chaplik said. “We just gotta keep doing what we’re doing.”

While Rodgers will be out for a few games and a lot of reps this year… the experience they’ve gotten throughout the season has prepared them,” assistant coach Drew Harris said.

As a freshman, Shabazz thought his role would be to come off bench and provide a spark. However, with the injury to Rodgers, Shabazz has even more of a role to fill.

“I knew I was capable of stepping up. Coming in I just thought my role was going to be energy off the bench with my defense… I didn’t really think I was going to be in the position I’m in right now,” Shabazz said.

According to Chaplik, the bench players are told by the coaches to be ready to come into the game and contribute. The injury to Rodgers has opened up some playing time for both.

“Never know what’s going to happen with injuries,” Chaplik said. “Myself and everybody else has just had the mentality: just stay ready on the bench and when your time is called you got to go and perform.”

Even with injuries to key players, the goal is to win a GNAC championship, as it has been since the start of the season, said Harris.

**Gaul begins final season as a Wildcat**

“Gaul” from page 1

“During season, I prefer to enroll in online classes to avoid missing classes on the road,” Gaul said. “It can be difficult to get a healthy amount of sleep on busses and long trips back from Montana or California.”

Practice during the season usually starts around 3 p.m. and runs for about two hours. After practice, Gaul then goes to see a trainer to get precautionary treatment on his arm and back to keep his muscles healthy.

“I get scraped after starts and cupping treatment before I have a whole routine I do before a start,” Gaul said.

Pitchers have a history of muscle and tendon issues and scraping releases tension in the muscles, learning the likelihood of future injuries.

After seeing the trainer, Gaul is usually able to go home to and eat a full meal. His day as an athlete is over by 6 p.m., but like other students, he has to do homework and studying as well.

“I usually make something with chicken [for dinner] because it has a lot of protein, which I need,” Gaul said. “Being a student athlete, it can be tricky at times to eat meals since we’re always on the go. Dinner is usually where I can actually sit down and make something healthy to eat.”

“Like many sports, the baseball season is required to go to a study hall every five days for a certain amount of hours per week. The amount of hours is different for every player because it is based off GPA. It’s definitely a challenge to get school work done. This is my fifth year playing at the college level so I’m used to having limited hours,” Gaul said.

Though Gaul does not get many nights off from home, he enjoys spending his free time relaxing watching Netflix or playing Xbox.

“When the weather gets nice, I like to spend my off days golfing, fishing, or going clay pigeon shooting,” Gaul said.

During the season, the team is either traveling on the weekends or is hosting a team at home. Gaul usually doesn’t have a chance to visit his hometown of Winlock, Washington during the season, which goes through May.

“Luckily my family comes over to see a few games and a lot of our games are played on the west side of the state or in Portland, which is more manageable for my family to come watch as they’re from the west side of state,” Gaul said.

During the offseason, the team is granted weekends off and sometimes even days off during the week. This allows Gaul to travel home to see his family and to catch up on rest.

“Season is a lot different than the offseason. During the offseason we get a couple off days a week and we’re able to sleep in most weekends and have weekends free to do what ever,” Gaul said. “In the offseason, the workouts are a lot more intense versus the season where it’s more maintaining muscle and making sure we are healthy and ready to play.”

Mackenzie Gaul kicked off his final season as a Wildcat by being named to the National Collegiate Baseball Writers Association Preseason All-West Region Second Team.
Transfer athletes make an impact

“Transfers” from page 1

“Odessa is a junior college, so there’s not as many regulations in terms of practices and how long they can be and how often they can be,” Unger said. “It’s a little more draining on your body physically.”

CWU head coach Desi Storey, who commonly sees transfer athletes, said ones of the most valuable skills the players need to possess is adaptability to adapt to a new environment.

“Regardless of ability, we want a guy that fits the program,” Storey said. “With a transfer guy it’s got to be an immediate need... It’s got to be a guy that can help us right away.”

In addition to what a transfer athlete can bring to another school’s program, there’s a lot of different rules and regulations in accordance to NCAA policy that go along with recruiting transfer athletes.

“You can’t work them out during the year. You have to go see them,” Storey said. “A lot of times with transfer guys, depending on the situation, we have to wait to find out what they’re doing.”

CWU Softball

Junior Bethany Balucan is a second baseman for CWU softball. She transferred from Olympic Junior College in Bremerton, Washington. Originally from Kailua-Kona, Hawaii, Balucan says she chose CWU because of the distance.

“I wanted to experience life off the island,” Balucan said. “Washington was far enough away, but still close enough to home.”

CWU would spend two years playing at Olympic College before transferring to CWU in the fall of 2017. Balucan said getting the opportunity to play softball definitely had an influence on her decision to transfer.

“I fell in love with the campus and the coaches and the program itself,” Balucan said. “I kind of wanted to be here.”

For Balucan, transferring and adjusting wasn’t an easy process, but her teammates helped her find her way quickly.

“Everybody here is amazing and I love my teammates so much,” Balucan said. “It’s always hard coming into a new school barely knowing anybody. They definitely were really welcoming.”

Balucan described the level of play at CWU as tougher than Olympic, but there’s also a lot to be learned from playing for different programs at the collegiate level.

“I learn something new every day,” Balucan said. “I literally get better every day.”

Softball head coach Mike Larabee said when it comes to transfer athletes, he looks for players that fit in well with the program he’s established over the past three seasons.

“If we bring somebody in, it’s gotta be somebody that we feel can come in and compete and play right away,” Larabee said.

“We’d make it no sense to bring in a junior college or a community college player and sit them on the bench.”

Larabee praised Balucan and what she’s been able to bring to the team in terms of her abilities and skill set at second base.

“She runs well, she’s a triple threat, she’s got some power, she can bunt,” Larabee said.

“That’s set the table for us.”

Larabee said that what he looks for in transfers athletes is position players who have the ability to play well, both offensively and defensively.

“We talk about playing a high level of catch,” Larabee said. “We’re chasing perfection, but we’re catching excellence.”

Beyond an athlete’s ability to play the game at a high level, Larabee looks for traits that equate to far more than an athlete’s skill set, like character and integrity.

“They are going to be an asset to our program,” Larabee said. “They’re going to come in and add value and be an encouraging teammate.”

Men’s Basketball

Senior Sage Woodruff is a forward for the men’s basketball team and is originally from Riverside, California. Following his three seasons at Riverside City College, Woodruff made his way to Washington State University in 2016 after deciding that CWU would be the best fit for him moving forward.

“I knew there was a couple other California guys here and they seemed to be thriving,” Woodruff said.

“Everybody here is amazing and I love my teammates so much,” Balucan said. “It’s always hard coming into a new school barely knowing anybody. They definitely were really welcoming.”

“I really like the area,” Lancaster said. “I really liked Ellensburg and so that was a great fit for me. Lancaster also said that Ellensburg was a great fit for her. “I really enjoy being in Lynden, Washington, Lancaster also said that the Ellensburg was a great fit for her.”

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“I knew there was a couple other California guys here and they seemed to be thriving,” Woodruff said.

“I figured it’s not too far from home, but it’s far enough that I got to grow up.”

Fitting in with teammates can always be a struggle for newcomers, but for Woodruff this experience couldn’t have gone much better.

“We all love the game,” Woodruff said. “They made the transition very easy.”

Woodruff said that one of the main differences that he noticed between the two schools is CWU losing playing style.

“The coach, let’s play a little more here,” Woodruff said. “I think that shows on the court.”

Drew Harris, assistant head coach for the men’s basketball team, explained what coaches look for in transfer athletes.

“Usually with transfer, you’re going to have guys that are a little more experienced and are ready to go right away,” Harris said. “High school guys, sometimes it’ll take a year or two for them to develop.”

Women’s Basketball

Makayla Lancaster is a junior guard for the women’s basketball team. She transferred from Skagit Valley Community College, Lancaster is describing this year for the team, but plans to take on an active role for the team next year.

“I knew that they had a really good program,” Lancaster said. “I really liked Randi and she ended up being the head coach.”

Growing up in Lynden, Washington, Lancaster also said that Ellensburg was a great fit for her. “I really enjoy being in Lynden, Washington, Lancaster also said that the Ellensburg was a great fit for her.”

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“Everybody here is amazing and I love my teammates so much,” Balucan said. “It’s always hard coming into a new school barely knowing anybody. They definitely were really welcoming.”

Balucan described the level of catch,” Larabee said. “We’re chasing perfection, but we’re catching excellence.”

Beyond an athlete’s ability to play the game at a high level, Larabee looks for traits that equate to far more than an athlete’s skill set, like character and integrity.

“They are going to be an asset to our program,” Larabee said. “They’re going to come in and add value and be an encouraging teammate.”

“I knew there was a couple other California guys here and they seemed to be thriving,” Woodruff said.

“I figured it’s not too far from home, but it’s far enough that I got to grow up.”

Fitting in with teammates can always be a struggle for newcomers, but for Woodruff this experience couldn’t have gone much better.

“We all love the game,” Woodruff said. “They made the transition very easy.”

Woodruff said that one of the main differences that he noticed between the two schools is CWU losing playing style.

“The coach, let’s play a little more here,” Woodruff said. “I think that shows on the court.”

Drew Harris, assistant head coach for the men’s basketball team, explained what coaches look for in transfer athletes.

“Usually with transfers, you’re going to have guys that are a little more experienced and are ready to go right away,” Harris said. “High school guys, sometimes it’ll take a year or two for them to develop.”

Women’s basketball.

Makayla Lancaster is a junior guard for the women’s basketball team. She transferred from Skagit Valley Community College, Lancaster is describing this year for the team, but plans to take on an active role for the team next year.

“I knew that they had a really good program,” Lancaster said. “I really liked Randi and she ended up being the head coach.”

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Athletics Review

**MBB v. SFU**
81-67 (8-6)
Wildcat basketball downed Simon Fraser University at home Feb. 3 to extend their winning streak to five and earn them a two-way tie for fourth in the GNAC.

**WBB v. NNU**
74-71 (10-5)
The Wildcat women fell 74-71 to Northwest Nazarene University Feb. 10 against MSUB and average about 13 rebounds per game. "I think consistently putting the pressure on the defense throughout the whole game to crash the boards and hold them accountable to having to box us out [will help a lot]," Richard-son-Thornley said. "The biggest thing is once you get those offensive rebounds, we have to reward ourselves off of that and get opportunities off of that and make something of it. So, we’ve gotten better at that.”

MSUB has the leading scorer and one of the best players in the GNAC, Alisha Breen. Breen averages 19.7 points per game. MSUB currently sits at 15-8 on the year, and 9-4 in the GNAC. They are 14-9 and 10-5 in GNAC play after falling to Northwest Nazarene University 74-71 Feb. 6 at home.

**Baseball @ LCSC**
1-0; 5-11 (0-2)
CWU baseball opened their preseason with two losses to Lewis-Clark State College in Lewiston Idaho. They will be back in action Feb. 10 against Academy of Art.

**Softball @ Desert Stinger**
3-2
Softball opened their preseason Feb. 3 in Las Vegas at the MSUB Desert Stinger Tournament.

**CWU Women’s Basketball**

CWU Women’s Basketball will host Montana State University Billings MSUB on Thursday Feb. 8 at Nicholson Pavilion at 7 p.m. They previously met Jan. 9 in Billings, Montana, where MSUB came away with an 86-84 win.

The Wildcats’ bench had a big impact last time the teams met, scoring 25 points, with 20 coming from sophomore forward Katie Flores and freshman forward Kassidy Malcolm.

Flores went 5-for-10 in the game with 11 points, seven rebounds, two assists, and a block in 20 minutes of play. "I think it took a lot of pressure off of me because I was struggling when I was starting and I felt like I was panicky," Flores said. "When I’m coming off [the bench] and I’m watching the game from the beginning, it really helps me get in the flow of things.”

Malcolm added nine points in eight minutes, going 4-for-5 shooting from the field and connecting on 1-of-2 from 3-point range.

"You have to be ready to go into the game and give everything you got for your teammates who start. [Starters] come out, they need a break, so you need to keep up the pace in the game and do your part,” Malcolm said. “I think it’s really important to have people off the bench who can make that impact.”

When it comes to free throws, the Wildcats have had both good and bad nights. They get to the free-throw line about 19 times per game but only connect on 67 percent on the season.

Against MSUB, the Wildcats got to the line 21 times, making 14 of the shots. Although the Wildcats have struggled, they have been able to make free throws when needed in close games.

“That’s been one of our hurdles all year. It’s really just up to kids to relax and knock down free throws,” head coach Ran-di Richardson-Thornley said. “We knock ‘em down every day in practice [and] our kids have been able to do it at the end of games where it’s mattered.”

Another big part of the Wild- cats’ season is their offensive re-bound ing. They had nine off en sive rebounds in the last matchup against MSUB and average about 15 rebounds per game.

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**CWU Men’s Rugby**

M. Rugby @ UW
77-0 (12-3)
Men’s Rugby shut out the UW Huskies Feb. 3 in Seattle. They take to the pitch again Feb. 10 against Academy of Art.

**Softball @ Desert Stinger**
3-2
Softball opened their presea-son with two losses to Cal Poly Pomona in the Desert Stinger Tournament. They previously met Jan. 9 in Billings, Montana, where MSUB came away with an 86-84 win.

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