

2-22-2018

Observer

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Showtime at Central returns for its annual performance. -Check out cwuobserver.com for the full story

Opinion

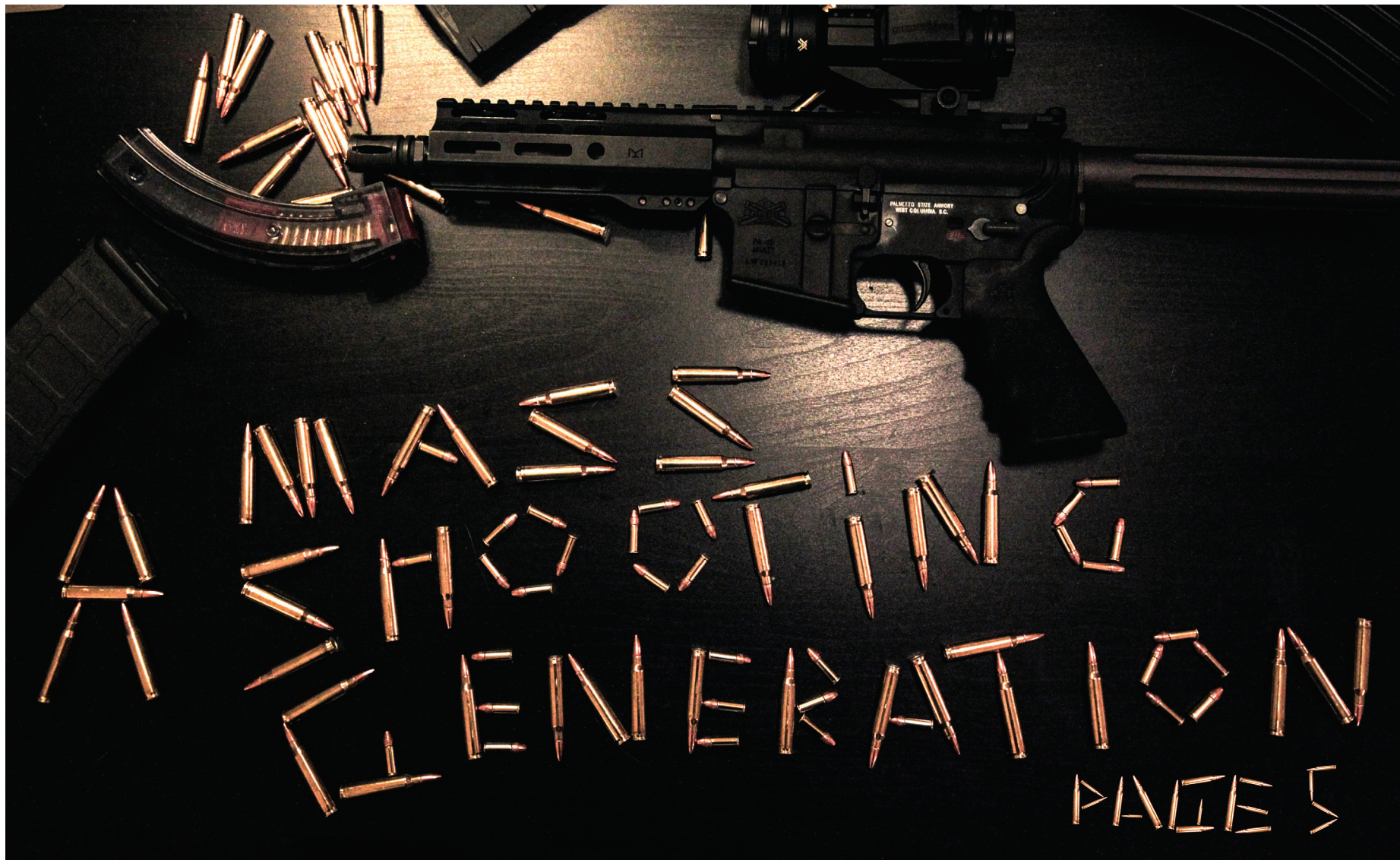


Photo Illustration by Jack Lambert

Scene

Fight eating disorders with love

By Bryce Jungquist
Staff Reporter

Problems associated with eating disorders are rarely talked about but National Eating Disorder Awareness (NEDA) Week at CWU is attempting to change that.

NEDA Week is going on from next week starting Monday Feb. 26 to March 4, and the CWU Wellness Cen-

ter will be hosting a variety of events during this time.

Marissa Howat, Director of Wellness and Health Promotion, said the Wellness Center is responsible for helping prevent eating disorders among students.

Erin Reeh, a health education coordinator for the Wellness Center, said mirrors will be covered during NEDA week in the SURC and Recreation

Center bathrooms. There will be pens available by each mirror for students to write positive messages to one another.

Reeh said the purpose of covering mirrors is to remove the stigma of body image being associated with eating disorders.

Many eating disorders involve an individual having a bad self-image of their body, and to help combat this and raise awareness, the Well-

ness Center will also have a Body Love Campaign.

The Body Love Campaign will promote positive affirmation through people who volunteer. Volunteers will be blindfolded and people will have the chance to write positive messages on their bodies.

- See "Wellness" page 8

In Other News

A change in the requirements

By Jack Belcher
News Senior Reporter

For the first time in 20 years, the CWU general education requirements will have a massive overhaul. This was voted on during a Faculty Senate meeting on Feb. 7. The new framework will go into effect fall 2019.

This new program has three main components. "Engage," or first-year experience, "Explore and Connect" and "Connect, Create and Empathize."

In the first-year experience, students are required to take at least one course in a special topics seminar, Academic

Writing I, and Quantitative Reasoning. "Explore and Connect," the second component, can be taken any year so long as students take at least three courses in the same pathway.

This will hopefully lead to students finding value in their general education, according to Rebecca Pearson, chair of the department of health sciences and a Faculty Senate general educational committee member.

She said, that it was the committee's job to reach out to faculty so they could propose courses.

- See "Gen Ed" page 4

Never stop dreaming

Sarah Spurgeon Gallery hosts new exhibit with a powerful meaning. The exhibit features origami butterflies and the photos and stories of people in the DACA program.

- See "DACA" page 9

Movezilla hits athletics

CWU head coaches have made their temporary home in Black Hall due to campus wide renovations. The coaches will stay in Black until a more permanent home is found.

- See "Coaches" page 10

NEWS

EDITOR: ERIC ROSANE | news@cwuobserver.com

EVERGREEN SCENE



Photo Illustration by Jack Lambert

Marijuana, in some circumstances, can take weeks to exit your liver. This makes testing for marijuana impairment difficult for officers.

Marijuana DUI vs. Alcohol DUI: is one worse?

By Observer Staff

After alcohol, marijuana is the drug most often linked to driving under the influence, according to the Centers for Disease Control and Prevention. Every day, 28 people in the United States die in motor vehicle crashes that involve a drunk driver. This amounts to one death every 51 minutes.

When it comes to drunk driving, there are concrete laws to prevent people from driving under the influence. But when it comes to driving under the influence of marijuana, the laws are more complex to understand.

In a state law passed in 2012, a person with a THC concentration of 5.00 or higher shown in a blood analysis test can be charged with driving under the influence.

Even though science has shown marijuana to negatively affect numerous motor skills needed for safe driving, and some studies have shown the relationship between mar-

How long weed stays in your system

(From High Times)

1 time / week: clean in 5-8 days

2-4 time / week: clean in 11-18 days

5-6 time / week: clean in 33-48 days

Daily use: 50-65 days, up to 77

ijuana use and car crashes, it is unclear whether marijuana use actually increases the risk of marijuana car crashes and DUI's. How long marijuana stays in a person's system depends on each person and how often they smoke. This is why it is hard to determine if marijuana is the actual issue when someone is pulled over or arrested for driving under the influence.

Marijuana has always carried a stigma, and still continues to even after states legalize it. Many marijuana advocates fight for it to be seen and judged on the same level as alcohol when it comes to legal procedures.

"It will take a long time for the negative stigma to go away. There is a different stig-

ma with marijuana just because it is illegal at the federal level," said Ellensburg Police Department (EPD) Captain Dan Hansberry. "When states and the federal government are at the same level, the stigma will begin to change."

In 2015 there were 87 alcohol DUI arrests and 11 drug DUI arrests in Ellensburg, and in 2017 there were 131 alcohol DUI arrests, and 12 drug DUI arrests. EPD is not currently tracking which drugs are being used in their arrests. Captain Hansberry said he has not seen much increase in crime related to marijuana since the recreational legalization, but him and his team continue to work to learn how to deal with marijuana related crimes.



Observation Deck

Fake news alert, ladies and gentlemen! This one comes to you not in the form of an article but a photo. The photo is from 2016 but has been circulating through social media recently and I want to bring you some enlightenment. It features a great white shark leaping clear out of the water and was proclaimed as being taken by Bob Burton, "chief photographer" from National Geographic, and was the photo of the year. The Facebook page Pictures in History shared the photo which brought it back into circulation. Unfortunately, Nat Geo stated that this photo was doctored by someone using Photoshop and stock images.

But even though this photo is fake, Nat Geo took the opportunity to share their own photos and facts about the different types of sharks out there. So in the spirit of knowledge and fighting fake news, here are some facts about sharks.

First, great white sharks can grow to between 15 and 20 feet and can weigh up to 5,000 pounds, but they are not the biggest shark that swims in the ocean. That title goes to the whale shark which can grow to be anywhere from 18 to 33 feet and can weigh up to 41,000 pounds. But fear not, this shark doesn't pose a threat to humans since they only eat krill and other smaller fish.

Second, bull sharks not only live in warm coastal waters, they can also survive in brackish and freshwater. They have even been found far inland via rivers and channels, making them more likely to have human encounters. These sharks do pose a threat to humans but they attack out of curiosity and because they often swim in shallow, warm waters where people like to swim.

Third, tiger sharks are called so because of the vertical stripes on their skin. They are also often called the "garbage cans of the sea" because they will eat just about anything. Their normal diet includes sea turtles, shellfish, sea

birds and even smaller sharks but scientists have also found license plates, trash bags and other junk in the stomachs of tiger sharks.

Fourth, the mako shark is the fastest shark on Earth. It can reach speeds up to 20 miles per hour with bursts of 45 miles per hour. Their bodies are built for speed; they have cylindrical bodies and their tail fins are long on top and short on bottom which gives them agility.

Fifth, shark babies are on their own from birth. Some sharks give birth to live babies called pups but some like carpet sharks lay eggs in mermaid purses. While they are in the womb, pups that are formed first will often cannibalize their brothers and sisters resulting in a few strong pups being born.

Sixth, great white sharks can indeed jump clear out of the water like the picture shows (even though that one is fake). This technique is called breaching and it happens when the shark is hunting seals. Great white sharks hunt from below and when they spot their prey swimming above them they charge at up to 25 miles per hour. The speed of their charge can often launch them out of the water sometimes up to 10 feet in the air. Breaches happen extremely fast and actually witnessing it happen is rare but is awesome when it is seen.

I hope you have enjoyed these fun shark facts and learned not to trust everything that you see on social media. If you see the photo again, maybe take the time to let whoever shares it know that it is a fake photo. Then maybe tell whoever shared it to go to the Nat Geo website to see some Not-so Fake photos of sharks so they can learn a thing or two.

Have a great week everyone!

Signed, Sarah J. Hoot
Editor in Chief

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Corrections for the Feb. 15 Issue:

On the front page, Lauren Zeutenhorst was identified in a headline as a faculty member. She is a staff member.

On page 10, Lauren Zeutenhorst's name was misspelled in the pull quote.



Quote of the Week

Guitarists play guitar, singers sing, artists do their art, we do our numbers and express ourselves just the same.

-Roxanne Starr, Yakima drag artist. Page 6.

Editorial policy: The Observer is a public forum for student expression, in which student editors make policy and content decisions. The mission of the Observer is two-fold; to serve Central Washington University as a newspaper and to provide training for students who are seeking a career in journalism. The Observer seeks to provide complete, accurate, dependable information to the campus and community; to provide a public forum for the free debate of issues, ideas and problems facing the community at large, and to be the best source for information, education and entertainment news. As a training program, the Observer is the practical application of the theories and principles of journalism. It teaches students to analyze and communicate information that is vital to the decision making of the community at large. It provides a forum for students to learn the ethics, values, and skills needed to succeed in their chosen career. If you have questions call (509) 963-1073 or e-mail us at cwuobserver@gmail.com

NEWS

EDITOR: ERIC ROSANE | news@cwuobserver.com

A Californian's journal

Central grad student reflects on his time as a travel journalist and what brought him to Washington

By Jewels McClure
Staff Reporter

Sam McManis, traveling journalist and author of "Crossing California," is a writer with over 30 years of experience in the field of journalism. McManis is a California native where he spent most of his years until he moved to Yakima in 2016.

In the 1980's, for the first 10 years of his writing career, McManis was a sports writer in Los Angeles. He started working for The San Francisco Chronicle and then moved to The Sacramento Bee, where he became a travel writer.

During his time at the Bee, McManis met some interesting people and visited many interesting places. He was not your basic travel writer; he did not write about where the good places to eat were or what hotels were the best. He wrote about places and people that you had to really dig deep into the local scene to find.

One story that McManis wrote was "The Bunny Museum." His initial understanding was that it was going to be a museum that housed bunnies that he would get to feed or hold, when in reality it was just a woman's house that was bunny themed. Inside the house, bunny



Eric Rosane/The Observer
Sam McManis, CWU teaching assistant and grad student, speaks on his time in California.

artifacts covered each room from top to bottom. The woman and her husband even had a bunny themed wedding.

"I learned that a lot of people are exhibitionists," McManis said.

McManis' job took him anywhere from tours of people's religions, to their backyards. He said that it was amazing how people were willing to open up their lives to him.

"Mainly because it's travel [that I write about], I'm not talking about dark socially conscience issues. What I write is to help people learn what California is all about," McManis said.

Being a travel writer got tiring to McManis after 5 years. There

was a lot of driving included in being a traveling journalist and eventually he decided to move onto something else.

McManis has a daughter that attends Western Washington University. He and his wife, who also happens to be his high school sweetheart, contracted "empty nest syndrome," so they packed up and decided to move to Yakima.

CWU has welcomed McManis into the university to get his master's degree in English literature in hopes of teaching English lit and composition. After leaving California and publishing his first book, McManis wants to teach enough to keep doing creative non-fiction projects.

Tweets From The Streets

Thoughts from our Wildcots

- Nicole** @Nicole_Lauf · 21h
Overheard in the surc
- "Does watching gay porn make you gay?"
- Jules** @JulieMarie210 · Feb 19
Maybe if I play summer music, Ellensburg will realize 25 degree weather is a no go
- Swaino** @coltonswain22 · 5h
A quote that really stuck with me from an old Bernie Mac movie, "every man chooses his own destiny no matter what his father did".
- Joe Walrath** @JRWalrath · 21h
Remember everyone: there's nothing more attractive than putting other people down in order to soothe your painfully obvious self esteem issues
- T spiller** @BLKCHMLEON1125 · 4h
When you get bored on social media because you scrolled through everything that interests you.....alright time to be productive IRL#
- Her Campus CWU** @hercampuscwu · Feb 19
"Be sure to put your feet in the right place, then stand firm."
-Abraham Lincoln
#HappyPresidentsDay

New sustainability committee looks to expand university resources

By Isabelle Hautefeuille
Staff Reporter

A few years ago, a sustainability committee existed at CWU. Joseph Han, the former vice president of operations, and President James Gaudino reinstated this committee on Jan. 30.

Wendi Hembree, administrative assistant to the vice president of operations, is in charge of connecting the different members of the committee by scheduling meetings and organizing efforts.

The committee's goal is to unify the different factions, encourage sustainability on campus, and become a central platform to put measures in action, according to Hembree.

The committee will encompass representatives from six divisions of CWU: Enrollment Management, Business & Finance, Aca-

demical Student Life, President's Office, Operations Division and student representatives. Two representatives have been elected for each division.

"The committee will meet once a month with the vision to keep expanding sustainability within their division," Hembree said.

Hembree wishes to have regular meetings beginning in March.

"The long-term goal is to establish a Sustainability Office on campus with a full-time designated sustainability coordinator. This may take two or more years," Hembree said.

The sustainability committee already met once, and under Han's guidance, decided to organize a sustainability cafe. The event gathered people who wanted to

be involved in sustainability action.

"Almost 80 people showed up to that event, that was fantastic," Han said.

During the second meeting, the committee highlighted concrete actions to implement sustainability in different fields. A third meeting will take place soon.

“We have made a lot of progress this year and what we need is to make sure that we continue with the momentum that we have begun to build”

-Susan Kaspari, professor of geological sciences

Susan Kaspari, professor of geological sciences and environmental studies, was appointed representative of the Academic Student Life division of the sustainability committee.

Although Kaspari enjoys

the creation of the committee, she said that it's not enough. She would like to see personnel dedicated on working on not only sustainability, but also infrastructure and funding.

"If you look at the other universities in the state, we are definitely behind. All the other state universities have an office that's in charge of sustainability," Kaspari said.

The lack of information is also a problem for the efficiency of sustainability projects on CWU. A sustainability website for the university is on its way. It should be ready by Earth day, April 18.

"We have made a lot of progress this year and what we need is to make sure that we continue with the momentum that we have begun to build," Kaspari said.

Kaspari is scared that the progress will stagnate because of a lack of student involvement. The bigger

Environmental Club

When: Every Thursday, 6 - 7 p.m.

Where: Meets SURC 140

problems reside in the fact that a lot of students who have been really active this year will graduate in June.

"We really need to have students that are freshmen, sophomores [and] juniors getting involved," Kaspari said.

Students have three different opportunities to get involved. Students can become a part of the Student Academic Senate Sustainability Committee, join the environmental club, or support events organized by the sustainability committee.

NEWS

EDITOR: ERIC ROSANE | news@cwuobserver.com

Hertz Hall demolition to commence in a year

By Jack Belcher
Senior News Reporter

Hertz Hall, originally constructed as a music building, is set to be demolished to build a new health science building. The 55-year-old building currently houses student support functions and is scheduled to be demolished sometime in the winter of 2019.

“The needs of the [health science] department are enormous,” said Vincent Nethery, professor of physiology and exercise science. “Health science has somewhere in the vicinity of 600 [people in the] majors, and as a department of that size it has no home on the campus. We use probably eight or so different buildings.”

Being in eight different build-



Jack Lambert/The Observer

Demolition for Hertz Hall will begin next winter to make way for a new health science building.

ings can be a problem for the science department, which was made apparent to the Chief of Staff Linda Schactler when the department told her a story about when they had to conduct a study

on blood.

“They drew the blood in one building, and then they had to run it over to the next building because the lab wasn’t in the place where they took the blood,” Schactler said.

“So just consolidating programs improves the program, not just for convenience but really for the quality of research and education that they will be able to provide.”

According to Ethan Bergman, a food-science and nutrition professor, the new health and science building is going to have accommodations for many things that the department might need.

It will include a simulation room, which will allow for students to practice emergency situations. There is also going to be more space for exercise science and clinical physiology students, a better cadaver lab and a quality venue for producing better food that could be served to students.

According to Nethery, a project of this size has three main phases.

Phase one is a pre-design phase,

where some critical elements are put down and general concepts are put in place. Phase two is a detail design phase, which details the design of the project, at the end of this phase the project comes off with the construction documents. Phase three is when actual construction on the building finally starts.

If everything goes right from this point on, Nethery believes that the project will be done sometime between January and June of 2021. Half of the construction for the building has been paid for in the last state capital budget, which gave the university a total of \$33 million. \$23 million of that money will go to the new project, and according to Schactler, the next capital budget request cycle will be this fall.

General education program to receive massive overhaul

“Gen Ed” from page 1

The last component requires students to take any of the culminating experience options in their junior or senior year. This program is not going to be implemented officially until fall quarter of 2019, so all of this could be subject to change.

Not everyone is happy with this new program. History professor Daniel Herman is worried that the new program is going to be more budget-driven than education-driven. He bases this claim in due part to the new RCM budget model, which bases funding off student credit hours.

“Now we have arranged it so that the vocational colleges control core classes and general education,” Herman said.

Herman is worried that professional colleges will be able to add more and more courses to general education, making it so that a student can essentially take all of their general education classes in a single college. Another fear is that the colleges will do this by adding classes from their college under class sections that those colleges do not specialize in.

“You got a French class and a Russian class in the same social issues knowledge area, competing with U.S. history, African and Black Studies and so on,” Herman said. “Why are we including global classes in a breadth area that were not meant to be global?”

According to Pearson, a student cannot go through the entirety of general education in a single college. She said that they have people working it out to make sure that it is not possible for this to happen. Pearson added that she does realize that there could be a change made that allows for this to happen in the preceding years, and that a change should be made to prevent this from happening.

“It is absolutely against the intention of the program, because the intention of the program is to be very cross-disciplinary and to support and challenge students to get a breadth of content from a wide variety of departments and colleges,” Pearson said.

Person also wants people to know that the RCM budget is not intended to be designed so that colleges will try to steal students from other departments to get more student credit hours. According to Pearson, there is an entire committee designed to prevent this problem from happening.

New Gen Ed Framework

Engage (14 Credits): Students will take a special topics seminar, Academic Writing I: Critical Reading and Responding and Quantitative Reasoning.

Explore & Connect (Min. 18 Classes): A variety of classes that can be taken any year. Eight classes will be used to satisfy a variety of “pathways,” such as Sustainability, Health and Well-being, and Social Justice.

Connect, Create & Empathize: Requires students complete one culminating experience their junior or senior year, which may be apart of their major.

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OPINION

EDITOR: Sarah Hoot | editor@cwuobserver.com

Are we a mass shooting generation?



By
**Alexa
Murdock**
Copy Desk Chief

One week after the Parkland school massacre, news outlets released stories not about the shooting or the victims, but about the survivors.

They have dubbed this group of teenagers part of the “mass shooting generation.”

It’s true; we are a generation where mass shootings are the norm. Growing up, I began doing lockdown drills at age five when I entered elementary school. At age 14, my junior high would do active-shooter drills where a real SWAT team would sweep the school to create the feeling of a real shooting.

Now, at age 21, I receive alerts on my phone from my university when they test the emergency alert system.

When I attended Green River College in 2014, the campus was locked down for a day due to a shooting threat. Fortunately, that threat never turned into a reality.

Columbine, Virginia Tech, Sandy Hook and now the Parkland shooting, are four of the six worst school shootings in America. All of these have happened within my lifetime, and with the

exception of Columbine (which occurred in 1999, I began school three years later in 2002), all of them have happened while I was a student.

This Valentine’s Day, I received a text message from my dad that read, “Watching another school shooting unfold in Florida. Be observant of your surroundings.” Although I fully expected the message to read “Happy Valentine’s Day” followed by a heart emoji, I wasn’t surprised that the subject matter was about a massacre. That message from dad was the first time I had heard about the shooting.

It’s been 18 years since Columbine and the only thing that has changed is how well we prepare our children for the event of a shooting. According to Vox, nine in 10 public schools now hold mass shooting drills for students. The story which reports on this statistic shows imagery of elementary school students cowering underneath brightly colored chairs and tables. It eerily reminds me of the lockdown drills I had to participate in as a child.

A New York Times article titled “A ‘Mass Shooting Generation,’” interviews a teenager from Marjory Stoneman Douglas High School who stated that her sister, a 12-year-old, does

“code red” active shooter drills at her middle school. A child who cannot watch PG-13 movies is forced to prepare for one of the most traumatic experiences possible.

After the Parkland shooting, tensions across America ran high as parents and students decided to stay home out of fear of “copycat” shootings.

Highline Community College, a school near my hometown, was sent into a lockdown two days after Parkland when gunfire was reported on campus. The event prompted a mass response from police and no evidence of a shooter was found.

While it’s important to prepare our children for these types of events, it doesn’t prevent them.

Over 150,000 students in America have experienced an active shooting on their campus since Columbine, according to the Washington Post.

I write this piece not to speak to parents or politicians, but to speak to my generation. I speak to the people who have hidden underneath chairs and in closets, and to the children who have sent text messages to their parents about how they might die within the next few minutes. I speak to teenagers who have heard gossip in the hallways about “that weirdo” who might

bring a gun to school next week. I speak to the 150,000 Americans who had their childhoods ruined by a school shooting.

For the past 18 years, nothing has been done about school massacres, and now we are the generation of “mass shootings.” The same people who have given us this disturbing nickname—politicians, lobbyists and the media—are the people who have done nothing to prevent them.

We are the victims, and yet we are the only ones who can undo the wrongdoing and negligence that politicians have done to us since the day we were born.

We need to call BS on the excuses that have been given to us—even though many of us aren’t even old enough to say the word “bullshit.” We are the ones who need to push for stronger gun control and better mental health care. We are the ones who need to pass whichever laws will keep us and our children safe. We are the next politicians, policemen, health care workers and journalists of America. We cannot let this problem persist.

Are mass shootings inevitable in a 21st century America? Is this simply a way of life for millennials? The answer is no.

Don’t let your children become a part of the mass shooting generation.

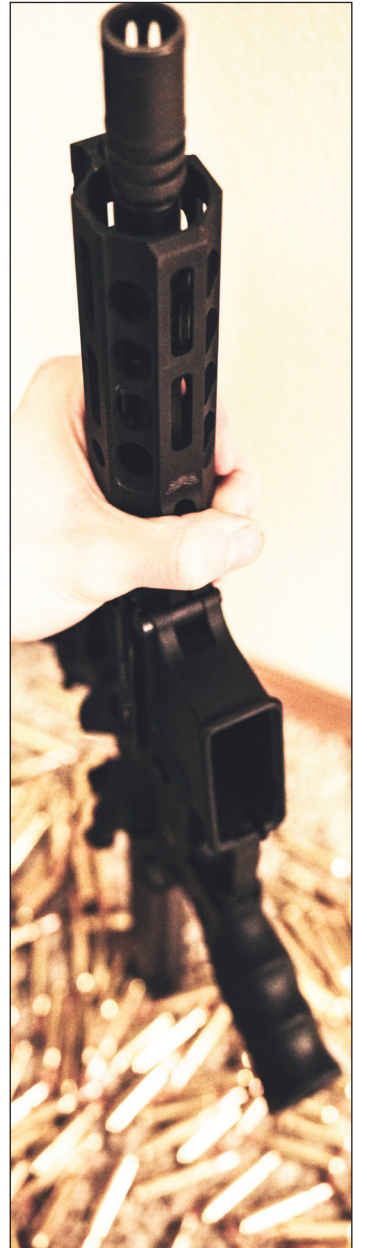


Photo Illustration by Jack Lambert



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A night with the Kings & Queens of Central Washington

Nicholas Tucker
Staff Reporter

The lights went down and out stepped a drag queen with a beard, magnificent eye makeup and a microphone.

She greeted the crowd and began her number, walking down the stage and moving through the crowd. The bass dropped, and the crowd cheered. The small audience of 30 made up for their size with their eccentric enthusiasm. People hollered and cheered.

This was the scene of the Pride of Ellensburg drag show that took place at 8 p.m. last Saturday at the Hal Holmes Community Center. The following performers varied as much in background as they did in attire.

Yakima resident and drag queen Roxanne Starr began performing six years ago after discovering that her uncle was a drag performer.

The name “Starr” was also her uncle’s drag name, which she still uses today. According to Starr, drag is a form of personal expression and freedom.

“It’s a way to be myself without fear of people knowing. [When on stage,] I’m a more amplified version of myself,” Starr said.

Yakima is not an easy place to be a drag queen, according to Starr. In 2012, over two-thirds of the city voted against gay marriage in a census poll. Homophobia is something that Starr faces.

“At a show in Yakima, at a predominantly straight sports bar, they look at you, call you faggot, talk to their friends about ‘that man dressed as a woman.’ [They] can’t accept it as an art form,” Starr said. “Guitarists play guitar, singers sing, artists do their art, we do our numbers and express ourselves just the same.”

All of the performers have their own reasons for performing and playing specific songs. Jewel Royale, a new performer to the drag scene in Ellensburg, took to the stage in a red dress and dedicated her number to her mother who struggles with health issues.

“It’s a way to express how [my mother] has been there for me,” Royale said.

At one point in the night, while the audi-

ence awaited the next performance, a structure standing over eight feet tall could be seen through the curtains. Stepping out onto the stage next was Uncle Teddy, the host of the show and the first performer, with an enormous hat stacked with white roses.

Uncle Teddy has hosted many other Pride of Ellensburg shows. For this performance, she was dressed in a way reminiscent of the Queen of England. She hobbled with deceiving frailty on a cane as she went around asking the audience for donations.

These performers are all volunteers, and while tips can be given to the performers during their numbers, all admissionary donations go towards the Ellensburg Pride Festival in June.

After this performance, Uncle Teddy announced that after the show the performers could be found at The Starlight Lounge. One of the performers at Starlight was drag king Viktor Katsaki, 28, a Yakima resident who works in manufacturing by day and dances in drag at night.

Earlier in the night, Katsaki could have eas-



(From left to right) Uncle Teddy, Viktor Katsaki and Roxanne Starr perform at the Pride of Ellensburg drag show in the Hal Holmes Community Center.

Xander Fu/The Observer

S ON

ily been mistaken for South Korean singer Psy, when he donned a blue suit and gold-sequined shoes to energetically perform Gangnam Style. According to Katsaki, being a drag king comes with its own set of difficulties.

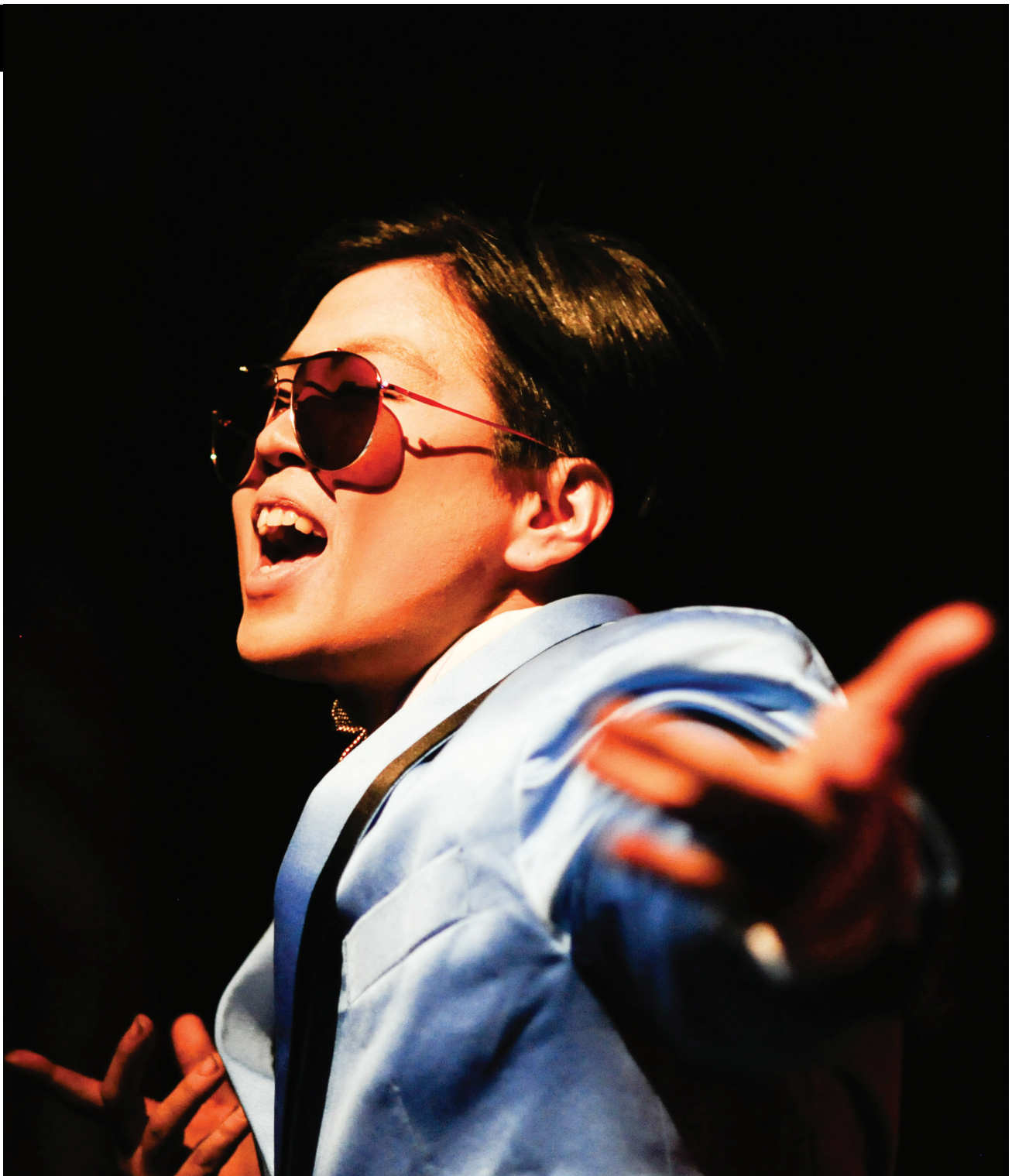
“Drag kings are never headliners. Things like RuPaul’s Drag Race have gotten queens recognized and into the mainstream. I love my queens, but drag kings haven’t gotten that so far,” Katsaki said.

According to Katsaki, many view being a drag king as being lazier than queens even though Katsaki performs weekly in Pasco, and has performed all over Washington.

The performers undoubtedly have talent, but according to Katsaki, doing drag doesn’t come naturally to everyone.

“Everyone thinks that all drag kings and queens are very open, very extroverted. But the social anxiety and fear of crowds is still there,” Katsaki said.

Pride of Ellensburg hosts drag shows once a month at the Hal Holmes Community center. The next one is on March 10 at 8 p.m.



Viktor Katsaki, a drag king, performed his rendition of Gangnam Style at the drag show last Saturday, Feb 17.

Xander Fu/The Observer

Scene

Editor: Daisy Perez | scene@cwuobserver.com

Wellness Center spreads awareness

“Wellness” from page 1

Reeh said the Wellness Center will host an eating disorder panel discussion where several staff and faculty members are going to answer questions around eating disorders and campus statistics at the SURC Pit. They will also hold an event called Smash the Scale, where people can smash scales on the SURC West Patio with mallets.

Chelsea Buffum is a licensed mental health counselor in private practice residing in Yakima. She understands how eating disorders influence many college students. The National Eating Disorder Association website has statistics which show eating disorders are high among college students. The website also offers a toolkit for students who have been impacted by eating disorders.

The toolkit on NationalEatingDisorders.org is a questionnaire that allows someone to see if they or another person are in danger of having an eating disorder. According to Buffum, college students are particularly vulnerable for several reasons. College is a huge change for students, and an eating disorder may arise in an attempt for a student to manage this change. Eating disorders are complex and there is no sole reason why they develop. A multitude of circumstances can cause them to occur, such as biological and social reasons.

“When I worked at Central, I was



Jack Lambert/The Observer

The Wellness Center will host week-long events to spread awareness and resources for eating disorders.

counselor there for a while. There’s a lot of pressure to go to the gym. There’s a lot of image focus. College students are on social media all the time. It’s really easy to follow a lot of accounts that are unrealistic and Photoshopped, and to kind of strive to [be] that,” Buffum said.

Students who are looking to get help for an eating disorder on campus can go to the Student Medical and Counseling Clinic. Howat said students can come to the Wellness Center as well.

Buffum said prevention of eating disorders begins early.

“I would love to start earlier with parents and with how everyone talks about food and their bodies. Weight Watchers recently came out with a free membership for teenagers which is abhorrent to me, it’s appalling actually,” Buffum said.

She said what this is emphasizing is a “diet culture” that concentrates on numbers and uses weight as a measure for someone’s self-worth. Buffum said prevention should emphasize on moving away from weight and numbers. What people should concentrate on are healthy actions such as eating a

NEDA Week Events

All week: SURC’s mirrors covered. Pens available to write positive messages

Body Love Campaign

When: Feb. 27 at 11 a.m.

Where: SURC Pit

Eating Disorder Panel Discussion

When: Feb. 28

Where: SURC Pit

Smash the Scale

When: March 1 at noon

Where: SURC West Patio

All events are free

large variety of foods, and also eating to be full and eating when hungry.

Thinking all food is good, putting faith in our bodies and involving pleasing exercise is another way to combat eating disorders, according to Buffum.

“And prevention, that’s kind of a huge cultural shift that we all need to be working on,” Buffum said.

Party downtown for a good cause

By Henry Crumblish
Staff Reporter

Ellensburg residents trade in their cowboy boots and belt buckles for bell-bottoms and peace signs.

One Love is a multi-genre charity event which plans to bring together live music and the power of positivity for Aspen Victim Advocacy Services, who provide housing and services for victims of domestic abuse.

Aspen also provides one-night hotel stays for victims of domestic abuse in emergency situations.

The idea for One Love originated at a Bearded Sinners club meeting. The Bearded Sinners are a national organization with chapters around the country comprised of bearded men who enjoy helping others.

“Anyone that needs a helping hand, if we have the means we love to help,” said Alex Rowley member of the Ellensburg chapter of the Bearded Sinners.

Rowley says the whole purpose of One Love is to get money into the hands of those that need it. The Bearded Sinners went around town gathering donations for the gift baskets that will be raffled.

One Love Dance Party

When: Saturday, Feb. 24

Where: Ellensburg Events Hall, 119 E. 4th avenue

Time: 7 p.m. - 1 a.m.

Tickets: \$5 each or \$15

for groups of six or more
Tickets purchased at the door

Items included in some of the gift baskets include, but will not be limited to, vape juice and a couple free hours in the chair of a local tattoo parlor.

“I’m hoping that it brings all of those different communities together in a good vibe situation,” Rowley said.

Tabitha Zimny, coordinator of One Love, wanted to create a new event for not only students, but residents of all ages.

“Living in Ellensburg, there’s not a lot to do so I like to create events for people so they have something to do,” Zimny said. “I enjoy giving back to the community because it makes me feel good about myself.”



Henry Crumblish/The Observer

Zimny is excited about the event and hopes people will attend for a good cause.

In the past, Zimny has coordinated and organized several raves but wants to distinguish One Love as different from just another rave due to the negative social stigma involved.

“It is all about peace and love and unity and bringing people together,” said Zimny. “We can do these things and party and have fun and also make an im-

act on the community.”

Lemuel Cannonier, owner of Black Grenade Entertainment, an entertainment business founded in Ellensburg, has dealt with similar judgements around his events.

Cannonier loves reggae music and putting on reggae shows in the community. However, he is often met with apprehension and skepticism due to the rep-

utation of marijuana being an association with it the genre.

Upon learning that Zimny was hosting a music event in town, Cannonier reached out to volunteer one of his DJ’s to the evening in an effort to foster solidarity among local artists.

Cannonier hopes that the event can be a cornerstone to more acceptance from the community toward different genres of music.

“When music is done right, you have to love it. When I came to Ellensburg I hated country,” Cannonier said. “Maybe I wasn’t listening to the right country.”

In order to avoid any incidents, security will be present at the event and will escort any guests who appear too intoxicated or under the influence of drugs, off the premises.

“I want my family and everyone’s mom and dad to be comfortable at this show,” Cannonier said.

There will be raffles between performers and the proceeds will go to Aspen Victim Advocacy Services.

“I’m a musician myself and having any sort of music event and being able to attach that to a good cause in the community I’m from is awesome,” Rowley said.

Scene

Editor: Daisy Perez | scene@cwuobserver.com

DACA recipients plea for action

By Tai Jackson
Staff Reporter

The DACA (Deferred Action for Childhood Arrivals) exhibit lights were dimmed, and peaceful sounds of the rainforest played in the background.

A wall was filled with origami butterflies in shades of yellow, orange, and brown. A large drawing of an orange butterfly was placed in the middle of the wall with the paper butterflies surrounding it.

Another wall projected a video of a peaceful march held by CWU students who chanted and walked around the campus in support of DACA students. In the middle of the exhibit was a large wall covered with small bowls; each bowl was painted gold inside.

The back of the exhibit designated a peaceful sitting area for students to come and sit while they enjoy the sounds of the rainforest. The sitting area didn't have typical chairs, but instead large blow-up balloon air bags for groups of people to sit on.

Testimonies from DACA students hung on the wall. Visitors could read about the students' past experiences dealing with immigration.

What is DACA?

DACA is an immigration policy that was put into place in 2012 under the Obama administration. It allows children who entered the country 16-years-old and younger to remain in the country. Individuals in the program receive a renewable two-year visa, a social security number, and can work and attend school (but are unable to receive federal aid). However, under Trump's administration, current DACA students are worried about what will happen to them and their families if this program is terminated.

DACA Recipient

One of the testimonies that hung on the wall was that of Deysi Martinez. She graduated from the University of Washington and majored in psychology and minored in criminal justice. She worries that her current job could be lost if the DREAM Act doesn't pass.

“

We want something permanent, not temporary ... I do not want to live with uncertainty and I want the same for my community.”

”

-Deysi Martinez, DACA Recipient

The DREAM Act would allow Martinez the chance to continue working with youth at her job, providing them with education and employment resources.

The Exhibit

Keely Antoon, gallery attendant and sophomore majoring in art education, explained that the setup process for the DACA exhibit took about a week and a half. Antoon has been in this position for the past two years and has been part

Dream with DREAMer's

Where: Sarah Spurgeon Gallery

When: Weekdays
10 a.m. - 3 p.m.
& weekends 1 - 4 p.m.

Free
Exhibit will remain open until March 14

of every exhibit since she started.

She said that different clubs on campus were active in getting this specific exhibit set up. This was the first exhibit she was a part of that involved other groups on campus, helping with the setup process and the actual art itself. Her favorite part of the exhibit was the MEChA butterfly wall, but she also loved the installation class's art piece that involved the wall full of painted bowls.

“The idea behind the exhibit is for students, specifically DACA students, to have a place to go where they can relax and not think about all the politics currently going on. It's really supposed to be a peaceful place for them to hangout and calm down from the day,” Antoon said.

Rory Hollick and her sister Maggie Hollick, juniors, both majoring in art studies, attended the exhibit opening day. Rory explained that they decided to come to the exhibit because they thought it was a good idea to see what other artists were doing.

“We don't see too many artists' work, so we should take the opportunity when we get a chance to see them,” Maggie Hollick said.

They agreed that they both loved the inclusion in students and how the artwork could be hands-on while giving students a place to relax.

“I really loved the monarch butterfly art piece, it catches your attention. It goes with the idea of immigration on how the monarchs themselves do the flight across into South America,” Rory Hollick said.

Both sisters explained that they enjoyed how this exhibit sparks interest in DACA. They liked that this exhibit brings awareness to important issues, and also explained how this exhibit allows a person the chance to determine for themselves what is happening in the world, while specifically bringing awareness on the topic of DACA to various college students who know little about it.

“Everyone is used to going day-by-day that they may not know much about this topic,” Maggie Hollick said. “I would recommend people coming [to the DACA exhibit] because even though it's on a political level, no matter what your ideas are, it's important to take a look at everyone and see all sides of everything no matter your specific opinion.”



Jack Lambert/The Observer

Horatio Hung-Yan Law (upper left) is the artist behind the exhibit. Exhibit attendee (upper right) places an origami butterfly on a wall. Students and community members mingle in the DACA lounge (bottom).

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WORKSHOPS FOR CWU
Strategies for Combating Hate

FACULTY/STAFF: 1-2 PM

STUDENTS: 4-5 PM

Wellington Event Center

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SPORTS

EDITOR: NATALIE HYLAND | sports@cwuobserver.com

Coaches' offices move across campus

By Simo Rul
Staff Reporter

Movezilla, the year-long push to make room for renovations across campus, has finally reached CWU Athletics. Many coaches have found themselves moved from the annex building --which formerly housed the Primate Studies program-- and is set to be demolished to make way for a dorm, into Black Hall.

The coaches know there is a chance they could be moving into the Psychology building once all of the moves are figured out even though no official plans have been decided.

Although the move to Black Hall isn't permanent, men's rugby coach Todd Thornley mentioned that there are some positions about the coaches taking office in Black Hall.

"It's kind of nice being in the middle of campus in terms of when you have recruits on campus and things like that," Thornley said. "We take them to the SURC to eat. Generally, I meet with the recruit at the SURC after the campus tour."

The CWU moving crew and administration has had a lot of praise for how they have communicated with the coaches about the moves that are surrounding athletics.



Xander Fu/The Observer

Many athletics coaches found themselves moved haphazardly into Black Hall for an undetermined amount of time.

Men's rugby assistant coach and women's rugby interim head coach Trevor Richards said that the administration has done a good job telling them all of the moves that are happening.

"The building itself is really nice, pretty [and] it's kind of quiet as well, which I like. Not necessarily as convenient as the other building but no complaints," Richards said.

At the moment, nothing is for sure on where the coaches will be going next or the impact this will have on athletics going forward.

"I think that still remains to be seen, I think right now we're kind of in a holding pattern because we're told this is technically a temporary building until summer but it could be longer. Right now we're just taking a day at a time," Richards said.

Some of the coaches believe that being in Black Hall makes it tougher for coaches because they are farther away from Nicholson Pavilion, where most of their responsibilities, including practices, are centered.

"When we come back up and we're closer to the athletics portion of campus, it'll be easier for us in terms of the student contact," women's soccer head

coach Michael Farrand said.

Track and field head coach Kevin Adkisson said it wasn't easy going from a place where they were comfortable to being dispersed throughout the building. Movezilla put the coaches in any extra space that was available.

"We're kind of scattered down there. That's a little bit different, you're not seeing those same people you've known for a while and get along with because you share these common interests in athletics," Adkisson said.

As for student athletes, moving their study hall to the Brooks Library is seen as a positive. Athletes have to complete a certain amount of hours of study hall each week, and by being in the library, they are closer to some resources that they may not have had at the Annex building.

"I'd say [the move is a positive] because you can check into study hall and then there's the tutoring center right there if you need to stop in and use that," freshman multi-athlete Braydon Maier said.

Over the next two years, the grounds around Nicholson Pavilion will undergo renovations in the form of improvements to the athletics facilities including a new track and field area and the eventual construction of a new dorm.

Woodruff leads from Wildcats' bench

By Hanson Lee
Senior Sports Reporter

Men's basketball forward Sage Woodruff may not be a starter for the Wildcat's this year, but his success coming off the bench has had a major impact on the team thus far.

Woodruff grew up in Los Angeles, California where he has played basketball for as long as he can remember.

"My dad put the ball in my hands when I was one or two years old," Woodruff said.

Woodruff would eventually attend Fairfax High School in Los Angeles where he had the opportunity to be a part of a rich basketball environment.

Woodruff said that the aspect of Fairfax basketball that benefited him the most was the coaching, especially having the opportunity to play under legendary head coach Harvey Kitani.

"It's the culture down there, basketball's a major sport at Fairfax," Woodruff said. "It was exciting playing for [Kitani] and learning new things every day."

For Woodruff, having both the experience and learning opportunities at the high school level helped shape him into the current player that he is today.

Woodruff began his college career at Riverside Junior College near his home in Los Angeles. It was there he would spend his first two years competing at the collegiate level.

After his time at Riverside Ju-

nior College, Woodruff wanted a change of scenery and was looked to venture outside of his home state of California. This led to Woodruff finding his new home beyond state lines at CWU.

Woodruff said that he found a liking for CWU, specifically the basketball program because he already knew some guys from California that were on the Wildcat basketball team at the time, making CWU a better fit for him.

Although it was tough leaving behind family and friends, Woodruff said that transitioning from a big city to Ellensburg has helped him grow up.

"It was a culture shock," Woodruff said. "I had to get used to being in a small town."

Woodruff is a senior this year and is in the process of playing his final season as a Wildcat. Even though this is only his second season with the team, Woodruff's experience on the court has helped him move into more of a leadership role this year.

"This year he's done a much better job as far as stepping up," said Drew Harris, assistant head coach for the men's basketball team.

Woodruff has become a presence on the court for the Wildcats this season. In 19.7 minutes per game, Woodruff is third on the team in scoring, averaging 10.5 points per game and has strongly contributed towards the offensive flow of the Wildcats this season.

"I worked real hard over the summer," Woodruff said. "It's been gratifying to see it pay off."

From a coaching standpoint, Harris said that Woodruff's abilities as a versatile scorer on the offensive end of the basketball court has made him a strong asset for the Wildcats this season. With the contributions that Woodruff has been able to provide for his teammates coming off the bench, Harris praised Woodruff's ability to consistently score and always be there for his team in games.

"He's very talented, probably one of our best offensive players," Harris said. "He can score from shooting the ball or he can score from driving the ball."

Fellow teammate, Malik Montoya reflected on what his experience was like first connecting with Woodruff the moment they became teammates at CWU. Montoya said that he remembers joining the team and hearing about Woodruff's abilities as a scorer, but watching him shoot the basketball was a different experience.

"We were in practice and he was shooting lights out," Montoya said. "He's like our sixth man... He doesn't need to start, but as soon as he comes in he's pretty much known as an all-star player."

Like Woodruff, Montoya was also a transfer athlete who joined the basketball team last season. Montoya said that this made it easier for them to connect as teammates because they could both relate to playing in



Xander Fu / The Observer

Sage Woodruff goes up for a shot during practice.

different basketball environments at the collegiate level.

For Woodruff, being able to improve his game and build chemistry with Montoya and the rest of his teammates has been

an enjoyable experience, and has motivated him to work even harder on the basketball court.

"Change always starts with yourself," Woodruff said.

SPORTS

EDITOR: NATALIE HYLAND | sports@cwuobserver.com

Pool offers more than lap swim

By Simo Rul
Staff Reporter

Most students know where the CWU aquatics center is located but many don't know what is actually offered there.

CWU offers several classes at the aquatic facility, from springboard diving to the triathlon.

The full list of classes offered includes springboard diving, beginning, intermediate and advanced swim conditioning, aquatic conditioning, deep water fitness, lifeguard instructor, water safety instructor, and triathlon.

Senior English and literature major Lindsey Spurbeck and junior pre-nursing major Clara Stuart are both enrolled in swim conditioning. Stuart is also a lifeguard at the CWU aquatic facility.

For Spurbeck, this is her first time taking the class and she does two classes of swimming per day on Mondays and Wednesdays.

"I've gotten a lot better cardio wise," Spurbeck said. "I've really built up endurance, and gotten faster swimming [and] just better overall."

Spurbeck said she plans on taking more classes. If she can't, she still wants to be in the pool swimming on a regular basis. The aquatics center offers open swim four days a week, multiple times per day.

This is Stuart's second time taking the class, but her first

with this instructor.

"[The classes have] really helped me get faster in the pool, but also helped me lose a little bit of weight," Stuart said. "It's a good way to insert cardio into your routine without having to run or do horrible things because I don't like running."

Trevor Gray is a graduate assistant and has been teaching at CWU for the past five years. During winter quarter, he teaches five classes: three conditioning classes, one technique class and one weight training class.

"[The] human body is designed to move. If [people] want to have high functioning capability in [their] old age, they better start exercising in their 20s," Gray said. "The research is clear on that."

There are several benefits to taking a class instead of just going out for a swim, according to the coordinator of the Physical Education (PE) program, Debra D'Acquisto.

"Taking a course is going to focus on water confidence, water safety, etiquette and rules such as using a pool that has lanes and lines," D'Acquisto said. "Water is a life skill, meaning this is a sport that you can take with you into your 80s and 90s."

There are also some things that D'Acquisto hopes students will take away from the classes.

"Well definitely an appreciation for water. They've changed their bodies somehow into more



Xander Fu/The Observer

Trevor Gray instructs students during one of the classes offered at the pool.

fit, and that could be whatever their weakest link was. Could have been cardiovascular, technique [or] upper body strength, D'Acquisto said. "I hope that they come back for another class."

These classes also help people gain life skills that may not be gained through other PE classes.

"If you go on a family vacation and you get caught in a surf or out at a beach, hopefully you have the skill set to know how to swim out of a dangerous situation," D'Acquisto said. "I know a lot of young parents that don't have swimming in their background, [so] I applaud those that are bringing their

kids to swim classes."

The classes that are offered each quarter are beginning swim, a couple of conditioning classes and an advanced swim class. The number of classes offered range, from about six to seven courses each quarter.

Deep and shallow classes are also offered, but alternate from quarter to quarter. D'Acquisto said that she would like to see both offered in the same quarter.

During summer quarter there is one class offered, but it covers all three levels in the same hour from beginning, intermediate, and advanced.

Women claim GNAC title

By Natalie Hyland
Sports Editor

The Wildcat Women's Indoor Track and Field team claimed the GNAC Championship title for the first time on Saturday Feb. 18 in Idaho. They share the title with the Seattle Pacific University Falcons and became the third team to ever claim the title.

The Wildcats were led by senior Ali Anderson, who claimed titles in the 200-meter sprint (25.00), 400-meter sprint (55.68) and the 4x400-meter relay, where she anchored the team that beat Simon Fraser University (SFU) by less than a second. Anderson was also selected as Women's Track Athlete of the Meet.

The relay consisted of freshman Sidney Trinidad, junior Katie Collins, sophomore Erykah Weems and Anderson who finished with a time of 3:50.24, just ahead of SFU's time of 3:50.68.

Junior Mariah Vongsaveng claimed her second 60-meter sprint title with a time of 8.58, a season best.

The Wildcats who didn't claim titles will have one more chance to qualify for the NCAA DII Indoor Championships on Feb. 24 at SPU.

Watch the Wildcats compete at home at the inner-squad meet March 2 and 3 at Tomlinson Stadium in Ellensburg.

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SPORTS

EDITOR: NATALIE HYLAND | sports@cwuobserver.com

Athletics
Review**MBB v. WOU**
59-89 (10-8)

The Wildcats fell to Western Oregon University at home on Saturday Feb. 17 59-89. The Wildcats remain fourth in the GNAC.

WBB @ Simon Fraser
73-85 (10-8)

CWU Women's Basketball was bested by Simon Fraser University 73-85 in Canada Feb. 17. The women clinched a post-season spot as of last Saturday.

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. 24.

Baseball @ Corban
2-2 (5-5)

CWU baseball continued preseason coming away with a split 2-2 record. The first time the Wildcats will be home is March 10 versus Concordia.

Softball in Hawai'i
3-2 (6-4)

CWU faced Hawai'i Hilo, Hawai'i Pacific and Chaminade in Hawai'i Feb. 16-18 coming away with a 3-2 record not including the final game against Chaminade that was cancelled.

Senior athletes take the lead

By Miles King
Staff Reporter

Senior leadership can often be an overlooked aspect of a team sport. The coaches cannot be on the field or court with the players; they must depend on the experience and wisdom of senior athletes for the success of the team.

For the men's basketball team, a senior player such as Marc Rodgers is vital to team success and act as an extension of the coaches, according to assistant coach Drew Harris. Even though Rodgers is hurt, he is still one of the most vocal players on the team.

In some situations, the coaches cannot call a timeout. When this happens, the seniors on the court are a tremendous help to the coaches.

"Being in the program for multiple years, [seniors] know exactly what we want and what we're looking for," Harris said. "Seniors on the floor go pass that message on into what we would expect in that moment."

Other seniors like Fuquan Niles lead through their play both in practice and on the court. Niles is good about leading by example, and always tries to play hard, according to Harris. Other seniors do a good job of this as well, he added.

Freshman forward Coleman Sparling believes a combination of the two senior leadership styles is most effective.

"The best leadership is [a player] that is going to go out there and work hard every single day," Sparling said. "You know, going to speak up if you're not working as hard and tell if you need to figure something out or do something different."

Sparling said the seniors have taught him how to handle the road trips, the practices and the daily process throughout the season. Senior forwards Jerome Bryant and Fuquan Niles, who Sparling said he has a strong bond with, have helped Sparling tremendously in his freshman season.

"Jerome and Fuquan are the ones that are going to pick you up at the end of the day and be real with you and just always know that you have more in you," Sparling said. "I really appreciate those two for all they do for me keeping my confidence up."

For the CWU women's soccer team, the freshman rely heavily on the seniors for guidance and help with the transition from club and high school teams to the collegiate level, according to junior forward Kennedy Anson.

"Everything is completely different and completely more intense," Anson said. "Having the experience of knowing what [the coach] expects so that we can portray that to them helps. A lot of times they just don't even know what he's asking."

When junior forward KK Wal-



Jack Lambert/The Observer

Jerome Bryant dunks against Western. The Wildcats won the game 91-81.

lace was a freshman. She definitely felt the difficulties of the transition into college soccer. Both Wallace and Anson have been in a position of uncertainty and needing to learn quickly, and are ready to lead

the incoming players.

"We know the coach just wants the best out of all of us," Wallace said. "We want you to succeed, but you just have to get up to here; be up to our level."

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