The Observer

Central Washington University

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Professors adapt to online courses

Food banks struggle with increased visitation

Coaches face COVID-19 challenges from home

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Vol. 116 NO. 2 | April 15 - April 21, 2020

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Students face unemployment

Amy Morris
Scene Editor

With businesses and facilities shutting down because of COVID-19 many people are left unemployed, according to the United States Department of Labor. While some people have a lot of money saved up, others live paycheck to paycheck. Without having a steady income many people are left struggling to pay rent and other expenses, according to a recent survey done by Clever.

Bryan Cadena, a senior majoring in clinical physiology, just got laid off from working at the CWU Recreation Center. Cadena said the students who worked at the recreation center still have their jobs guaranteed for them when the recreation center opens up again in the fall. Cadena, however, is graduating and will not be returning to work there.

"I'm not too stressed because I have a little bit of money saved up but the thing is when the well runs dry then that is when all the worries start to happen," Cadena said.

With being unemployed and having to pay the bills, money can run out quickly. At the beginning of every month rent, Wi-Fi and utilities are due, Cadena said. Food is also a big expense. Cadena said he stays pretty active outside of classes working out, so he burns a lot of calories. As a result of his active lifestyle, food has to be bought all the time and it adds up.

"At the moment I am not worried but I just found out we have the stay at home ban for like a whole nother month so that's even more worrisome not just for me but for other students as well," Cadena said.

While the government is giving a stimulus check of up to $1,200 to individuals who meet the requirements, it is still not enough for some people. Many college students also won't receive the check if they are legally a dependent of their parents or guardian(s). Cadena thinks the stimulus check is not enough and wishes more money would be given to people unemployed.

"Honestly that might have been enough for March but we're already in April and then who knows about May," Cadena said.

"Imagine the people who live in Seattle, that's nothing to them," Cadena said. "People who live in highly populated areas where the price of everything is spiked, that amount of money is not enough."

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Education majors unable to perform practicum

Abigail Duchow
Senior Reporter

Due to COVID-19, CWU made the decision for all classes to be taught online, and K-12 education is now closed for the rest of the school year. These changes impact education majors, as a lot of them need practicum, or field experience, to get their degrees.

Ian Loverro is the chair of Curriculum, Supervision and Educational Leadership department in CWU’s College of Education and Professional Studies. Loverro wrote in an email that in place of practicum, education students are writing reflections on videos of national board certified teachers in authentic teaching scenarios.

"While it isn’t the same experience as helping out in a classroom, they are quality examples and our students are able to see a variety of teachers and styles, more than they would in person," Loverro wrote.

He also wrote that student teachers are working online with their mentors and field supervisors, helping with online instruction and preparing for traditional teaching in fall. He wrote that some students are applying for and accepting teaching jobs for fall.

One education student impacted by the switch to online courses is Ainslee Nill, a junior majoring in Elementary Education. She said her main concern regarding switching to online classes and schools being closed is doing practicum and getting the field experience required to get an Elementary Education degree.

Nill said to replace the practicum she would have been doing this quarter, her professor is uploading articles about teaching and videos of teachers in their classrooms and having the students analyze it. She said although her professor has found a stand-in, some people she knows still don’t know what the quarter holds for them.

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Mount Stuart Elementary School is closed for the rest of the academic year with the rest of Washington’s K-12 schools.
Another week, another issue. This one is the last editor’s issue for many of us, created entirely with the hard work of our staff of 13. Next week you’ll be introduced to a host of staff reporters, some brand-new, some with a few years of journalism experience.

This week’s issue accidently ended up holding the theme of unemployment, something that I’m sure everyone knows is ripping through the nation right now. The unemployment rate jumped a full percentage point from February to March, and many outlets are currently estimating it to be around 15% right now. Suffice it to say that things won’t go back to normal for a while.

I used up a lot of my eloquent words of hearty inspiration in last week’s deck, so I’ll spare us all from repeating that now. Right now my thoughts are on the future. What will the journalism world look like next month? In three months? A year? Journalism wasn’t exactly a lively market before this all happened. Right now many publications, like many other businesses around the country, are struggling to keep as many of their existing staff as possible.

Because of that, I want to encourage folks to support their local papers. The Observer is lucky enough to be funded by the university, and while times are tough for both us and CWU as a whole, we’ll be fine in the long run. Many other local papers don’t have such luck and are still working to put out content, often for free online, to keep people as informed as they absolutely need to be right now.

Everyone, including those who only watch national TV news or read large papers like The New York Times, benefits from local news outlets existing and performing the work they do. Right now, if you have the means, give a thought to financially supporting the local news outlet where you live or in your hometown or even just throw a dart at a map and buy pizza for the staff of some tiny paper in Iowa. I’m sure it’ll mean the world to them.

With that said, enjoy this issue. Lots of great people, all facing their own uncertainties right now, put in long and late hours to make it happen.

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The University announces no reduction in force

President James L. Gaudino announced CWU would not reduce staff through June 30. The board of trustees (BOT) meeting. Additionally, he announced that all Cabinet members including himself have taken a voluntary 20% cut in pay.

“As a result of the [pandemic], the Trustees of Central Washington University, do hereby proclaim that a State of Financial Exigency exists,” the declaration states. “And directs the president of the university to pursue any measures that are legal and necessary to preserve the educational and financial integrity of the university.”

“The number one priority, consideration, is the health and wellbeing of faculty, staff, students, trustees, you know, everybody,” Gaudino said during the BOT meeting. He added, “We’re also committed to maintaining current staffing levels.”

“We'll be watching trends very, very closely,” Gaudino said. “And we will adapt to the situation as it demands.”

Dining terminates majority of student employees

CWU Dining Services has terminated the majority of its student employees, according to Director of Dining Services Dean Masuccio. This was announced via an email employees received from Assistant Director Denise Payton on April 9.

“I am sending out this email to let you know we do not have any work available due to impact of needing to moving classes online due to covid 19,” Payton said in the email. “Because we do not foresee business changing this term, we will be terminating all of your jobs so you can apply for the new covid 19 benefits that have been made available.”

The email goes on to explain that student employees were not eligible for federal unemployment benefits while they were still hired, but that they now can and should apply for them. Payton warns in the email the Department of Labor may currently be backed up with claims due to the impact of COVID-19, and provides a link to the CWU website’s COVID-19 FAQ.

“Our hope is to be back to full operation in the Fall,” the email said. “At that time, we hope to have you back on our team in Dining Services. If you plan to return to Ellensburg in the Fall, and would like to be added to the list to be contacted about Fall employment, please email dining jobs.”

According to Masuccio, while the majority of student employees have been terminated from dining services, some remain employed to support the current remaining operations. “The majority of those that have been terminated in the system were not present in Kittitas County or were not interested [in returning],” Masuccio said. “But there are some that were local that were also terminated.”

Masuccio said those who have been kept on their jobs are primary student coordinators, a position created last quarter, to help with support operations. He added that dining services is currently serving 3% of their normal amount of customers and he looks forward to returning to 100%.

Vanessa Highsmith, a junior who was working as a barista, said she thought she had already lost her job before she received the email. “I was kind of surprised, I was off the schedule and I assumed my contract was up,” Highsmith said. “But I had tried to file for unemployment last week and, because I was still employed at the school, I couldn’t get any benefits. So, when I did get the email I was like ‘oh finally.’”

Briania Winegar, who also worked as a barista, said that she felt confused by a variety of messages that were coming from the Dining Services staff. According to Winegar, she was told in emails received two hours apart that Dining Services both did and didn’t have hours for student employees to work. “I kept getting a lot of mixed signals,” Payton said. “We had tried to file for unemployment last week and, because I was still employed at the school, I couldn’t get any benefits. So, when I did get the email I was like ‘oh finally.’”

Regardless of mixed signals, Winegar said that she hopes to get her job back in the fall. “I added that she will be looking for a new job in the meantime,” the email said. “At that point, we hope to have you back on our team in Dining Services both did and didn’t have hours for student employees to work.”

The way they handled everything, I felt a little bit like they’re like ‘oh virus happened, we’re just gonna fire all of you and not come up with any plans or anything,’” Highsmith said. “I am kind of done with dining.”

Highsmith said until she finds a new job she will be using money she had saved up for a car to pay for rent, which would cover her for a few months. “Hopefully in June I’ll be able to get the other job and that’ll be okay. Hopefully, hopefully, hopefully,” she said.
SA meeting Zoom bombed

Bailey Tomlinson
News Editor

The Muslim Student Association’s beginning of the quarter Zoom meeting was hacked and canceled, with a viewer sharing their screen across the entire meeting, drawing profane things and making racist remarks. Several others followed suit, according to Salam Awad, club advisor for the Muslim Student Association. She tried to end the meeting from her end, but doing so only transferred host privileges to those attempting the attack. The MSA had to go live on their social media accounts to warn students to not attend their own event, as the Zoom code provided now directed viewers to the graphic display being put on. Student groups, clubs and classes alike are turning to the web conferencing tool Zoom to facilitate gatherings that comply with social distancing guidelines. With such a large scale integration of Zoom, students are finding themselves facing new challenges associated with entirely online communication. One of these challenges is digital safety.

“Many have found Zoom’s default privacy and security features lacking which allowed some meetings to be invaded by unwanted malicious actors, known as Zoom Bombing,” an April 8 email from the CWU Service Desk said.

The MSA is one of many student groups across the nation who have reported experiencing Zoom bombing.

“Our goal [for the meeting] was just to sort of create a community support chat center for students, for MSA students and for Central Washington University students in general,” Awad said. “It was just going to be just to facilitate a conversation and get some discussion rolling about what our hopes for virtual spring 2020 could look like.”

The MSA created a digital event poster that included the Zoom link to the meeting and posted it to all of their social media platforms. According to Awad, student turnout was good, but around 20 random people joined the meeting who would go on to Zoom bomb it as well. “I really think the word ‘terrorize’ is not being over dramatic in this context,” Awad said. “It was just very, very awful.”

The material the hackers were sharing felt targeted, MSA President Semri Ibrahimovic said. “It just seemed almost like they had a checklist of groups they just want to attack, like people of color, they went through that, homophobic remarks, they went through that,” Ibrahimovic said. “Islamophobia. They hit every group so quickly, and it could just be people trying to say as much as they wanted in a short amount of time, but there was something almost like a methodology to it.” Ibrahimovic said because the MSA is a marginalized group and holds meetings to support marginalized identities, this was more destructive than Zoom bombing a function like a staff meeting.

“They repetitively kept saying they hate us … and that’s something that was just very awful,” Awad said. “The word hate was just used over and over again.”

Awad said although the attack took place online, the language and material used made it feel incredibly direct.

“Now we are in this virtual zone and we are having to learn how to navigate this virtual center and also protect our security,” Awad said. “So unfortunately as a club, as MSA, as a marginalized group it sucks to have to be the first ones to experience this, but I think we’re all collectively hoping that we can take steps to assure that no other clubs have to go through the same experience.”

The MSA says it has received a lot of different avenues of support following the meeting, Equity and Services Council (ESC) representatives have been working with the group to navigate different tools and increase their online security. They’ve also received emails from the Diversity and Equity Center (DEC) expressing support.

The Service Desk email included a brief list of ways to increase security, encouraging students using Zoom to require a strong password to join the meeting, not let participants join the meeting before the intended host, require host approval for each participant joining and to be cautious with who the code is given to.

Mohsen Asadalla, MSA treasurer, said learning about security features and how to secure meetings would be helpful, but he was concerned that because the club meetings are meant to be public they wouldn’t be able to reasonably adopt certain security changes.

Included in the email was a link to a more comprehensive page for students who need to secure Zoom meetings. Awad said this experience will “absolutely not” deter the club from holding more meetings in the future.

“It kind of was a reality check that, okay, we need to make sure that we secure ourselves virtually,” Awad said. “We need to make sure that we are creating these safe spaces.”

Awad said though MSA members were impacted by the attack directly, they were also hurt that their platform was used to impact others in this way.

“I think if anything it’s just making us more determined to fulfill our club mission and make sure that people feel that this is always going to be a safe space for them to come and join,” Awad said.

MSA Secretary Jasmine Johnson-Conley said the goal of Zoom bombers is to spread hate and fear, and she encouraged other clubs to remain strong.

“I think the DEC was considering a safe space on campus. Being able to replicate that virtually is super important, and I think with ESC meetings they’ve been able to do that,” Ibrahimovic said. “I think as long as there can be a reassurance of that same safe space virtually, I don’t think I will deter other clubs either.”

Ibrahimovic reiterated that their club mandate of unity and a safe space for Muslim students and allies is just as valid during the virtual quarter as it has been previously, and they will still be making an effort to host as many of their events virtually as they can.

Reports of Zoom bombings have been coming out nationally, with Zoom implementing new security measures into the platform in an effort to reduce the number of meetings affected.
Virtual health services available

Abigail Duchow
Senior Reporter

Many of the health services provided to students during the usual school year will still be provided virtually. These services include Student Counseling Services, Student Health Services, Wellness Center Services and Disability Services. These services aim to provide resources to students for their health and overall success.

Student Counseling Services

Amidst the COVID-19 changes, the services offered by Student Counseling Services (SCS) will still be available to students.

Director of Counseling for Student Counseling Services Cindy Bruns described the changes being implemented into the clinic during the COVID-19 restrictions. Bruns said a majority of counseling is now done over the phone and secure chat messaging. She also said SCS is trying to avoid walk-in crises services like they provided before COVID-19 restrictions. Instead, students are encouraged to call in to schedule time to talk to a counselor.

If the student needs to talk to a counselor immediately, the front desk can try to get them in touch with a counselor. It is determined the student needs in-person help, counseling will respond to the student's request.

"It's sort of business as usual for us, except that we'll be using both phone and secure chat methods to deliver those services unless there's a particular need to see a student face to face," Bruns said.

Bruns also said SCS is working on developing how to better reach students who now reside outside of Washington, but with different licensing laws state-by-state it can get tricky.

SCS is also encouraging students to reach out if they are not in a space secure enough for virtual counseling so they can collaborate to find a time that works best for the student.

"We're hoping that it'll be very similar to what we've been able to offer, just with it being virtual as long as we need to be maintaining physical distancing," Bruns said.

Student Health Services

Health Center Director Carylin Holsey said Student Health Services (SHS) is looking into telehealth services and virtual options. SHS is also looking into how to best reach students residing outside of Washington.

SHS has practitioners and health providers working to provide medical services to students who need immediate medical attention.

According to Holsey, SHS is not providing testing for COVID-19 per request of Kittitas County. Instead, SHS can determine if a student needs testing and direct the student where to get it.

Wellness Center

The Wellness Center provides information about topics such as nutrition, body image, drugs and alcohol, mental health, sexual health, relationships and more. Marissa Howat, the director of the Wellness Center, said all the Wellness Center's services will continue to be provided virtually.

Howat said direct service options will be moving to virtual services, using confidential video conferencing to meet with survivors of violence, including sexual assault. The Wellness Center can also provide confidential meetings for students who want to discuss drug/alcohol abuse recovery and fill university sanction for drug/alcohol policy violations.

Howat said the Wellness Center is working with Aspen, Ellensburg's center for providing resources to survivors of abuse and assault, to provide a 24/7 phone line for students in need of support.

Howat said to increase their student reach, the Wellness Center is increasing activity and sharing information on social media platforms and YouTube. The YouTube videos made by the Wellness Center will be covering topics such as making healthy meals and dealing with relationships during COVID-19 restrictions.

"We think this will challenge us to better meet the needs of students who have been at centers or students who are primarily online anyway," Howat said. "This is a challenge we are excited to try and meet."

Disability Services

Director of Disability Services Wendy Holden said Disability Services already served online students, so going entirely online has been a fairly smooth transition.

Disability Services will have meetings with students over the phone or video conference to identify barriers and put accommodations in place for them. Holden said Disability Services will continue to do regular check-ins with students and troubleshoot for accommodation issues. Disabling online resources will also provide online access through Canvas, such as strategies for success in online classes and more.

Holden said Disability Services is working with faculty and staff to determine if they're taking consideration into accessibility for courses and activities.

"We've been asked to be a part of the larger university conversation around diversity and equity, so that we're making sure that diverse populations are being considered when the university is making decisions," Holden said.

Access these resources

Student Counseling Services: M-F 8 a.m. to 5 p.m. (509) 963-1391
Student Health Services: M-F 8 a.m. to 5 p.m. (509) 963-1881
Wellness Center: M-F 8 a.m. to 5 p.m. (509) 963-3213

Daily coronavirus cases

The Kittitas County Department of Public Health reported no new COVID-19 cases on Friday and Saturday. There have been 517 cumulative cases in the county and 41 deaths.

Future teachers impacted by pandemic

Continued from Page 1

"I know that a lot of people in my classes this quarter that I've talked to still don't even have their Canvas page accessible for their classes because there's still just so many unknowns about how we as elementary education majors are going to accomplish these classes during these times," Nill said.

Nill is also minoring in two different subjects, Philosophy and Teaching English as a Second Language. She said with all the classes she's taking, it's important this quarter doesn't come with any setbacks.

"We are here to learn how to be teachers, and it definitely worries me that I might be held back in being on track with graduating," Nill said. "I know that Central will eventually work it out, and I'm just trying to be patient."

Allie Caughie is a senior majoring in English Education. Caughie said the online changes haven't impacted her as an English Education major, but she knows Elementary Education majors are impacted due to the restrictions regarding practicum.

Caughie also said regardless of major, the switch to courses being completely online can be hard for everyone.

"I've taken quite a few online classes and they're not my favorite, but they're doable, whereas some people do not function well with online classes," Caughie said. "I think regardless of the major, it's going to affect (students) in different ways."

Caughie said she was planning on student teaching in fall but doesn't know if that will be happening anymore. Caughie has heard some superintendents of K-12 schools saying they aren't sure students will return to school in the fall. This would mean she would not be able to student teach.

Caughie said besides classes moving online, she is disappointed she will not be able to participate in commencement, which has been cancelled. She also was a Resident Assistant before COVID-19 restrictions but had to move back home.

"I really enjoyed being able to get together with other education majors and work on lesson plans and stuff like that, so not being able to do that will be complicated," Caughie said.

Mount Stuart Elementary School, one of the local schools where CWU Education majors can perform their practicum.
Students face unemployment

Continued from Page 1

“There are people, other students, that live paycheck to paycheck and without these funds coming in they are in a very bad situation where they can’t pay for anything,” Cadena said.

CWU is also offering a funding resource to students as well. ASCWU has emergency funding for students. Cadena said he wanted to apply for the CWU Funding Application but by the time he saw it and tried to apply, it had already closed.

He is hoping CWU will give out more funds to students, especially since the stay-at-home order just got extended. “If they do another one, because this thing is still going on, I’ll apply for the next one,” Cadena said. “Even though I do have a little bit of savings that is what I used for my job for pay for my rent, food, and meals on the go if I was on campus,” Cadena said. Monday Movie Madness on April 20 will be a viewing of Space Jam.

ASCWU Meetings

ASCWU meetings will be held via Zoom this quarter. Agendas will be posted to their website the Monday before each meeting. These meetings will be open for all to attend, with the first held on April 15 at 1 p.m.

Present Moments with the Diversity and Equity Center

On Tuesdays and Thursdays, the Diversity and Equity Center will be hosting virtual karaoke night on Saturday, April 18. This event will be hosted by different hosts and different games will be played weekly.

Campus Activities will be hosting a virtual karaoke night on Saturday, April 18. Students can join at 8 p.m. via Zoom and sing along to their favorite songs with online weekly sessions to de-stress from school and life through the “practice of mindfulness and mediation,” according to CWU Hype.

Other Events and Activities

According to Hindman, there will be other events held as well such as Bingo and weekly discussions on some of the best videos from the popular app Tik Tok.

In order to pay her bills, Avalos-Reyna has been waiting for her financial aid refund to see if she will get some money from that. Avalos-Reyna also said she applied for the CWU Emergency Funding Application and is hoping she gets some money from that.

“I honestly was thinking of asking my parents for money but I don’t like asking them for money so I don’t know what to do. I don’t know if I should look for a job or not,” Avalos-Reyna said.

CWU is also offering a funding resource to students as well. ASCWU has emergency funding for students. Cadena said he wanted to apply for the CWU Funding Application but by the time he saw it and tried to apply, it had already closed.

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Op In Mic Nights

Op Mic Nights will open to all and be held via Zoom. If students want to sign up to participate in Open Mic Night, they can do so by direct messaging Campus Activities on Instagram.

Geek Out Game Out

Geek Out Game Out is an event that is hosted by Campus Activities. Students can participate in playing different online games with other students on a browser and connecting on Zoom.

The next Geek Out Game Out session will be on Tuesday, April 28 at 7 p.m.

Virtual events hosted by CWU during spring quarter

Abigail Duchow
Senior Reporter

To keep students engaged and entertained, even while being at home, CWU is putting on virtual events throughout the quarter.

Many of these events will be held via Zoom, a video conference app, and other apps and websites.

Links to events can be found via CWU Hype and CWU’s Events Calendar.

Ronnie Hindman, the special events coordinator for Campus Activities, said Campus Activities is working hard to provide events for spring quarter.

Hindman recommends students follow CWU Hype and Campus Activities on social media to stay up-to-date with activities that will be happening throughout the quarter.

Monday Movie Madness

Monday Movie Madness will be continued virtually through Netflix Party, a Google Chrome web extension.

To participate, students have to have a Netflix account, Google Chrome and the Netflix Party extension downloaded. Monday Movie Madness on April 20 will be a viewing of Space Jam.

Open Mic Nights

Open Mic Nights will open to all and be held via Zoom. If students want to sign up to participate in Open Mic Night, they can do so by direct messaging Campus Activities on Instagram.

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How to stay entertained at home

Finding activities can be hard, especially with the stay-at-home order in place. While many people had plans to hang out with their friends during spring break, it did not become a reality. However, even while stuck at home, there are many ways to stay entertained.

Matt Antonio, a senior majoring in marketing and sports business, had plans to go to Florida with his roommates. However, due to COVID-19, they had to cancel their flight and reservations.

“We were supposed to have the best spring break ever,” Antonio said.

To stay entertained at home Antonio has been watching Netflix, cleaning and playing video games.

“At the moment he is rewatching ‘The Office’ and a lot of anime. According to Antonio, half of his day consists of playing video games such as ‘Call of Duty.’ “There is not much I can do to keep entertained [inside] because I am a very active person and I like to go outside and go hiking, biking, play basketball and all that,” Antonio said.

Since Antonio can’t go to the gym like he usually does, he has been doing workouts at home.

Another thing Antonio does to keep entertained is have movie and board game nights. However, Antonio said he is happy classes are starting because it’ll give him something to do.

“‘I’m pretty bored, I think everyone is going crazy,’” Antonio said. “‘I would rather do something than you know, just being on my phone and switching apps back and forth.’

While some people see the stay-at-home order as a bad thing, Antonio believes it has a silver lining. At the end of the day, people have more time to focus on themselves, according to Antonio.

“I feel like everyone should look at themselves and write down their goals and reflect on what’s out there and what’s good for them,” Antonio said.

Sadie Marie, a junior majoring in graphic design, was going to visit her family in western Washington for spring break but because of COVID-19 she decided to stay in Ellensburg.

Marie has been keeping entertained by listening to music, livestreaming and connecting with her different social media platforms.

Marie said she livestreams on many different apps such as Instagram, YouTube and LiveMe so she can connect with different people while social distancing.

“I love doing livestreaming and getting to chat with different people … and see how they’re handling this situation,” Marie said.

Marie also enjoys listening to music because it lets the time go by. Her favorite genre of music to listen to is old school R&B and some of her favorite artists are Aaliyah and Trina.

She also likes some new school artists like Trey Songz, Summer Walker and Nicki Minaj.

Another activity Marie has been doing is trying new recipes. Marie also likes doing makeovers whether it’s renovating her apartment, adding new decorations, rearranging items or doing her makeup.

Marie said something that has kept her entertained is watching TV and movies.

“Some of her favorite shows and movies at the moment are ‘Euphoria’, ‘Enough’ (2002), and ‘Friday After Next’ (2002).”

“I’ve just been watching a lot of movies,” Marie said. “I turn on any movie that involves action or crime. I really like those.”

When Marie isn’t entertaining herself by watching TV or listening to music, she is entertaining other people.

Marie is a YouTuber, so creating content for her channel is something she really enjoys doing.

The content she produces includes mukbangs, which is eating food on camera, and makeup tutorials along with other similar content.

Marie said she enjoyed the extended spring break because she feels more productive when she can make her own schedule.

“If I could be in quarantine for the rest of my life and have the supplies I need, I could live like this every day,” Marie said.

Shanna Chua, a senior majoring in public health, was planning to go to Disneyland during spring break for her fifth-year anniversary with her boyfriend. They were planning to go to Los Angeles afterwards.

“I was so sad because it was my fifth-year anniversary and we planned it for months since early winter quarter,” Chua said. “But it’s okay, better be safe than sorry.”

Chua said to keep entertained she has been cooking at home more often and playing a lot of Animal Crossing with her roommates. She is also homeschooling her younger brother since K-12 classes are canceled.

Chua said she has been pretty busy because she works for Instacart which is a delivery service for groceries.

She didn’t mind that spring break got extended because it gave her more time to relax and spend time with roommates and family.

“There’s actually a lot of things you can do other than just Netflix and chilling or just be on your phone,” Chua said.

The downside of being stuck at home and having online classes is that it is harder to socialize with other people, according to Chua.

“You won’t be able to walk about campus and go to events or things like that, which I really enjoyed,” Chua said. “Being at home for a really long time sucks. It’s definitely going to (stop) the daily habits that we have when going to school and stuff.”
Morris said he thinks the university has provided enough resources to make this transition work, and that many of them were available to him before this, had he chosen to use them. He’s used Canvas previously, and used it to keep classes organized and grade assignments.

“I think where I’ve been really impressed with the university has been the multimodal learning center,” Morris said. “The staff there has just been really outstanding, answering any questions, making certain we understand how to use the technology that we have access to.”

The amount of the class can be accommodated by tech depends on the class, according to Morris. He teaches both practical, performance-based classes and more theoretical lecture classes. With his performance based classes, such as singing for actors, in some ways he is now limited in what he can teach.

“I will be able to do one-on-one private voice sessions, and talking about acting with song, but what I can’t do is I can’t have two people working together,” Morris said. “Because of the latency issues with being online, so I can’t have two people sing a duet.”

Due to these technical limits on how many people he can work with at a time, Morris has been approaching those classes as one-on-one sessions as opposed to how he usually teaches them. During a normal quarter, the entire class works together in one room.

For more lecture based classes, Morris is using Panopto recordings on Canvas. These are classes like music theory and classic piano. He’s also finding YouTube videos of performances for his classes to watch. Normally, he said, he has a DVD collection of performances he can pull from.

“What I do is I record the theory lesson and kind of explain what it is I want them to understand, and then they can watch that video whenever they feel like it, on their own time,” Morris said. “Obviously within reason, obviously there’s an assignment due by a certain date, but whenever they feel like watching the video they can do that and then connect with me later if they have any questions.”

According to Kirk, the university has been providing many links to resources for staff to use as they move to online instruction, and she’s trying to keep a positive attitude.

Michael Goerger, associate professor of philosophy, said that he has never taken or taught an online class before.

He said he’s mainly using Canvas tools in his classes, utilizing the discussion boards and making recordings of powerpoint presentations which he uploads to YouTube.

Michael Goerger, associate professor of philosophy
Goerger is teaching a Philosophy of Technology class during this quarter, and is thinking of unique ways to integrate this experience into his class content. He initially wanted to host some class sessions in the virtual world Second Life, since he’s having students in his class read about it.

“When we first started talking about doing this, you know it all kind of happened fast, but when they were saying ‘spring quarter’s probably going to be online’ I thought this could be an interesting sort of experiment to build avatars,” Goerger said.

“Initially we were also talking about only being online through April 24 and then we’d come back to campus, so I thought it’d be fun to actually then meet the people behind the avatars.”

Goerger may still experiment with online art galleries, either having classes meet up there or having students upload content to them.

“I’m experimenting with the asynchronous delivery and not trying to hold traditional lectures over Zoom,” he said.

According to Goerger, the university has been able to meet the needs that he and his department have been facing during the change.

“In terms of guidance, multimodal has been really helpful in terms of giving us all the help we need. They were working on weekends, holding weekend sessions, when we were still able to meet face to face they were helping,” Goerger said.

He also said that colleagues in his department who have taught online before were also helping others with the shift in modality.

“In terms of technology needs … a surprising number of faculty also do not have personal computers, we utilize our office computers for everything we need to do. I don’t have a printer, for instance. So in some cases [the university] has allowed us to remove our desktops from campus, there’s a form we can fill out to get that. In some cases they’ve just provided people with loaner laptops and things like that,” Goerger said.

“I think it’s kind of on a case by case basis, I can tell you that whenever I’ve needed something I’ve been able to get access to it.”

Goerger says some unexpected challenges he’s faced have been making sure all his needed devices get charged for when he needs them, managing storage, making sure needed programs work and finding a good working space at home.

“All of us are struggling with the fact that we’re crammed into small spaces that weren’t set up, like I didn’t have a home office, so I’m working at the dining room table most of the time,” he said.

He said what he’s learned in this first week is that he needs to be very clear when providing instructions, since there’s less time to issue corrections with so much communication taking place over email. He doesn’t want to send out class-wide notifications every day because it would quickly become stressful for students.

“For those of us who are really used to teaching daily classes, communication’s a trick because you used to just, at the beginning of every class [saying] ‘hey, here’s an update, don’t forget about the paper’ or ‘I read about this in the news last night’ or something like that,” Goerger said. “I think one challenge is that in a face to face course there’s this background conversation that’s going on. We’re all in a room together and we’re swapping stories and doing stuff like that.”

Integrating relevancy is harder now, due to the slowness of communication. If something happens in the real world that can be tied to the class content, it now disappears in asynchronous lectures.

Also changing his own schedule has been challenging. Having to be responsive and open for communication at more flexible hours than he usually is with a physical class has been a challenge.

“I think almost all of us were already living in this always on, 24 hour world, and so we were ready for it, but as we get closer to papers and stuff I think it’s going to become a little bit trickier.”

Goerger says that he is able to see extensive analytics of what time and for how long students are viewing his course content, and the majority of engagement happens at around 1:30 in the morning.

“I don’t have time to keep track of that,” Goerger said. “But I imagine some people are.”

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Food banks statewide struggling to deal with increased visitation

Mitchell Roland
Senior Reporter

As unemployment continues to rise in Washington due to the COVID-19 outbreak, food banks statewide are seeing a drastic increase in visitation.

According to the United States Labor Department, nearly 16 million people have filed for unemployment benefits in the last three weeks. With an estimated 150 million people in the U.S. workforce, the unemployment rate has increased by over 10% in Washington.

Jordan Rubin, the communications director for Northwest Harvest, said there are currently over 1.3 million people in Washington who are food insecure. Rubin said a needs analysis determined 1.6 million people in Washington will be food insecure during the height of the pandemic. Before the COVID-19 outbreak, there were 830,000 people food insecure.

Rubin said Northwest Harvest has worked on different plans since February to deal with increased demand and the increase of nearly 800,000 food insecure people in Washington. These numbers are at the high end of what Northwest Harvest was projecting. Rubin said food banks across the entire state are dealing with increased demand.

"That doubling of need is really consistent [across Washington]," Rubin said.

Northwest Harvest is expecting the highest surge of demand to last through the end of summer.

Higher than normal need at Washington food banks is expected through at least the end of the year. Rubin said Northwest Harvest might not have enough food to fit the higher demand.

Rubin cited a lack of surplus food at stores, a lack of food drives and social distancing as reasons for the potential shortage. "It put food banks all across the state in a very difficult spot," Rubin said.

Rubin said the simplest way for people to help is to donate money directly to Northwest Harvest.

"We can do a lot more with that cash than an individual can do," Rubin said. Patricia Garrison, treasurer of the Allied People Offering Year Round Outreach (APOYO), said COVID-19 has had a major effect on their food bank.

"The impact has been twofold," Garrison said.

Garrison said there has been a "dramatic increase" in the number of visitors, including first-time visitors.

Open two days a week, the food bank typically gets 300 visitors a month. However, Garrison said 75 people visited last Wednesday alone.

"We've seen a tremendous increase," Garrison said. "God only knows what this weekend will be."

While the number of people they serve has increased, APOYO has had to serve them with less volunteers and resources. Garrison said due to the virus, the food bank restricted how many volunteers could help "because [their] space is so small".

At the beginning of the pandemic, Garrison said she was worried the food bank would have to close down altogether.

Since her and her husband are in high-risk categories for the virus, Garrison said she was worried no one could run it. However, three food bank visitors started volunteering to keep the doors open.

"Our clients stepped up," Garrison said. "We thought we were going to have to shut down."

The food bank typically relies on food from Northwest Harvest and donations from the community so they can shop for food. However, since she and her husband are in high-risk categories, they can't shop.

Since they're unable to shop for food, APOYO is relying solely on food from Northwest Harvest to remain open. While they have had enough so far, there have been times where they nearly run out. Garrison said the challenges APOYO are facing are not unique to them and recommends people donate to Northwest Harvest to support local food banks.

"I think all food banks are kind of struggling right now," Garrison said. Even with the increase in visitors, APOYO will soon be forced to shut its doors. CWU announced in January that APOYO's lease will not be renewed after it expires at the end of June.

"The only reason we can exist is this petition," Garrison said. "I think all food banks are kind of struggling after this petition expires at the end of June."

Even with the increase in visitors, APOYO will soon be forced to shutter its doors. CWU announced in January that APOYO’s lease will not be renewed after it expires at the end of June. The only reason we can exist is this petition," Garrison said. Garrison has started a Change.org petition to try to convince CWU to renew their lease. Currently, the petition has 448 signatures in five days.

With unemployment numbers rising, food banks are struggling to keep up with the high demands. A needs analysis determined 1.6 million people in Washington will be food insecure during the height of the pandemic.
It’s okay to let yourself grieve the experiences that a pandemic has taken away from you.

Many, if not all of us, plan our lives ahead to some degree. From flexible daydreamers to detail trackers, every one of us has some level of expectation from our futures. There are certain moments, experiences or even feelings that we expect them to possess and when they don’t, well, it’s hard. It’s a form of loss.

In a big-picture sense, it’s a form of loss we deal with daily. We expect to get lunch with a friend and they cancel. We expect to stay on schedule and end up falling behind. We expect to feel a certain way and the course of the day just doesn’t deliver. Usually, these unmet expectations are entirely surmountable. There’s always tomorrow.

Now, finding ourselves in a pandemic, it seems like almost all of our expectations from our days remain unmet. Opportunities disappear, plans dissolve or friends can’t be reached. Our entire lives have shifted to a narrative that nobody could have pencilled in on their calendar, and there’s no reset with the sunrise. We have to continue fighting our way through a pandemic following every disappointment the days may bring.

I’m here to tell you it’s okay to grieve your losses in this season. Things that may seem silly or inconsequential are okay to feel hurt about. Maybe a day trip had to be canceled, or a fun get-together with friends had to be postponed. In a time of uncertainty, those day-to-day plans hold a key sense of normalcy that make them hard to let go of. It’s okay to acknowledge that.

I know many people who have had to put large life plans on hold. Plans like weddings, or trips that have taken years to put together. Some mention that they feel bad for the amount of hurt they feel over cancellations or postponements.

Almost all of my friends are graduating this quarter. I expected to have another three months with them, making plans and having experiences together. Now, I’m uncertain if I’ll see them again before they graduate. I struggled at first with the hurt I felt thinking about it, but after giving it time I recognized it as what it was. I’m grieving the loss of my expectations of my future.

From one person in this situation to another, hear me when I tell you that it’s okay to not be okay right now. Even over little things, or things you feel like you should be okay over. The hurt we’re all facing right now is very real, and deserves our recognition, just as any other hurt would.

We are strong enough to navigate this situation, and we are strong enough to overcome this grief. A day will come when we make expectations and they are fulfilled again. We just have to get there first, and this is a step on the path there.
Save some baking supplies for the rest of us!

Mariah Valles, Columnist

Look, I know we’re in the middle of a pandemic, but please, for the love of God, stop hoarding the baking supplies. A few days ago I entered my kitchen (like I usually do), and realized I had three overripe bananas. What does this mean? Well, usually it means you go to Fred Meyer and buy a package of sugar and flour to make banana bread. But in today’s insanity, it means you have to trade your friend an old fish tank for two cups of sugar.

You read it right, folks. I gave somebody a full blown fish tank setup for two cups of granulated white sugar. Before you say “oh, she broke social distancing rules for banana bread,” I didn’t. We stayed six feet away, traded and went on with our fish parenting and baking lives. This was hard considering the lack of in-person social interaction I’ve had in the last three weeks, but I know it’s important to follow the rules.

In honor of good fun, I’m sharing with you my favorite recipes for banana bread and pumpkin bread. I’ll also offer you some college baking budget pro tips.

You can, order groceries through pick up and avoid going inside grocery stores unless absolutely necessary. So with that said, bake it off, but do so responsibly.

I gave somebody a full blown fish tank setup for two cups of granulated white sugar.

Mariah Valles, Columnist

BANANA BREAD:

Preheat the oven to 325°F. Lightly grease a 9” x 13” loaf pan, or a 12” x 4” loaf pan.

In a large bowl, combine the butter, sugar, vanilla, cinnamon, nutmeg, baking soda, baking powder, and salt, beating until smooth. Add the mashed bananas, honey, and eggs, again beating until smooth. Add the flour stirring just until smooth. Spoon the batter into the prepared loaf pan, smoothing the top. Let it rest at room temperature for 10 minutes.

Bake the bread for 45 minutes, then gently lay a piece of aluminum foil across the top, to prevent over-browning.

Bake for an additional 25 minutes (20 minutes if you’re baking in a tea loaf pan). Remove the bread from the oven.

INGREDIENTS

<table>
<thead>
<tr>
<th>Amount</th>
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<tr>
<td>8 tablespoons unsalted butter</td>
<td>2/3 cup brown sugar, packed</td>
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<tr>
<td>1 teaspoon vanilla extract</td>
<td>1 teaspoon cinnamon</td>
</tr>
<tr>
<td>1/4 teaspoon nutmeg</td>
<td>1 teaspoon baking soda</td>
</tr>
<tr>
<td>1 teaspoon baking powder</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>1/2 cup mashed ripe banana</td>
<td>1/4 cup (85g) honey</td>
</tr>
<tr>
<td>2 large eggs</td>
<td>2 1/2 cups Unbleached All Purpose Flour</td>
</tr>
</tbody>
</table>

PUMPKIN BREAD:

Preheat the oven to 325°F. Grease two 8 x 4-inch loaf pans with butter and dust with flour.

In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.

In a large bowl beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. The mixture might look grainy and curdled at this point—that’s okay.

Add the flour mixture and mix on low speed until combined. Turn the batter into the prepared pans. Bake for 65 – 75 minutes.

INGREDIENTS

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<thead>
<tr>
<th>Amount</th>
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<tr>
<td>2 cups all-purpose flour</td>
<td>1/2 teaspoon salt</td>
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<tr>
<td>1 teaspoon baking soda</td>
<td>1 teaspoon baking powder</td>
</tr>
<tr>
<td>1 teaspoon ground cloves</td>
<td>1 teaspoon ground cinnamon</td>
</tr>
<tr>
<td>1 teaspoon ground nutmeg</td>
<td>3/4 cup unsalted butter, softened</td>
</tr>
<tr>
<td>2 cups sugar</td>
<td>2 large eggs</td>
</tr>
<tr>
<td>1 1/2-cup can 100% pure pumpkin</td>
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Coaching from home

With student athletes stuck at home due to COVID-19, coaches find themselves with a changed lifestyle now as well.

Austin Lane
Sports Editor

Instead of getting up in the morning to go to his office on campus or to go run a team practice, CWU Track and Field head coach Kevin Adkisson gets up and goes on his computer.

“You’re used to just getting up and getting to work and getting things done and now I have to get into a different routine, I have to get up and check all my emails and work on projects through the afternoon,” Adkisson said. “More time in the afternoon to get my own exercise done, which is always a positive, but I wish I was out with a stopwatch watching our own people get around the track.”

Impact

The coaches at CWU are feeling the impact of COVID-19 on their daily lives just as much as the student athletes are. Softball head coach Alison Mitchell and CWU Baseball head coach Desi Storey have all had to adjust to the current situation. For now, all three and many other CWU coaches are still a resource for student athletes athletically and academically to get through the remainder of this quarter without sports.

Field head coach Kevin Adkisson gets up and goes on his computer.

I could be totally selfish and say that it stinks and we wish things can be different, but what we’re doing right now and what we had to sacrifice, it’s for the greater good.

Alison Mitchell, softball head coach

It’s a serious adjustment... I don’t have that two and a half to three hours outside with the guys everyday. I miss the guys.

Desi Storey, baseball head coach

With student athletes stuck at home due to COVID-19, coaches find themselves with a changed lifestyle now as well.

It’s been really tough to not see my family and be able to reach out and be in contact with them all the time but we’re all doing our part and that’s all you can do,” Mitchell said. “When we get the chance to be together again, with the team, with my family, with everyone, it’s just going to be that much more special I think.”

CWU Baseball head coach Desi Storey said he misses the outdoors and being with his team.

I’m a pretty active person, that’s one of the reasons I probably got into coaching baseball. I like being outside and doing things and being on the go all the time,” Storey said. “It’s a serious adjustment... I don’t have that two and half to three hours outside with the guys everyday. I miss the guys.”

CWU Baseball was 6-12 overall on the season with a conference record of 3-5 when the remainder of the season was cancelled. However, the team had just gone 2-2 in a four game series against Western Oregon University, a team that went 26-11 in the GNAC last season and finished third in the GNAC Championships.

“Felt like, especially with this group, we were just starting to turn the corner,” Storey said. “We were starting to put things together and the guys were working pretty hard. To see the improvements that we made the last two weeks before we had to shut down, I’m kinda going ‘gosh, this team was on the verge of making a run’ and I really felt like we could make a serious run at the conference title with this group.”

The coaches are still trying to stay in contact with student athletes to keep them on track athletically. Adkisson knows he is a resource for all the student athletes on the track and field team at CWU and is doing what he can to continue being that resource for the time being.

“We’re trying to maintain that encouragement for them to be active and still be pursuing their athletic goals. That’s the hard part... a lot of people get discouraged when things like this happen,” Adkisson said. “We’re in this zone now where we can suggest things but nothing is required, there’s no repercussion on them if they decide they don’t wanna do things.”

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Photos courtesy of CWU Athletic Communications (left and right) and Alison Mitchell (middle)
Catching up with former CWU pitcher Jake Forrester

Mitchell Roland
Senior Reporter

In baseball, an inside pitch can often lead to a batter breaking their bat if they make contact. But one aptly named former CWU pitcher knows a well-placed pitch isn’t the only way to make firewood.

Jake Forrester, a Central graduate and a right-handed pitcher in the Cleveland Indians farm system, is a fourth-generation timber sportsman. His great grandfa-
ther, grandfather and his dad all competed.

His dad Mike was even profiled in 2008 by the Colbert Report while preparing for the first round of the 2008 STIHL world championships. But what exactly is tim-
ber sports? Mike said the events require both brute strength and technique.

“It’s a cross between football and golf,” Mike said.

Mike said his grandfather was a tim-
ber setter and started participating in timber sports after a friend suggested he try it out. Over the years, the sport has become more popular, in part due to events being broadcast on ESPN.

“It’s a little more common now,” Mike said. “People are more curious.”

The notoriety has also brought better com-
petition to the sport, Mike said.

“I was immediately hooked on it from everyone knew what competitive timber sports were.”

While Forrester may throw axes around fourth grade he noticed not every family knew about it,” he said.

“Back then, it was more industrial people,” Mike said. “It’s gotten to be more of a professional sport.”

Jake Forrester was drafted in the 37th round of the June 2019 MLB Amateur Draft by the Cleveland Indians.

Jake said competitive ax throwing involves a two-sided ax. The ax must land on the same side that was facing the stump when it’s thrown.

“I usually only do [ax throwing] at shows,” Jake said.

While Forrester may throw axes in his free time, the pitching mound is where he mows down the competition.

Drafted in the 37th round of last year’s MLB draft, Jake said he reported for his first Indians spring training in Goodyear, Arizona on March 1, only two weeks before spring training was shut down due to COVID-19.

During his brief time in Arizona, Jake said he was surrounded by Indians major league players. One morning while he was working out, he looked up and saw all-star shortstop Francisco Lindor working out next to him.

Jake said he also had run-ins with players such as Adam Cimber, Roberto Perez and 2019 MLB All-Star game MVP Shane Bieber.

During his short time as a minor league baseball player, Jake said he had to adjust his throwing regimen and mechanics.

“My arm is going through way more stuff than it’s ever gone through,” Jake said.

As the closer for CWU, he was used to throwing a couple times a weekend. Now, he has bullpen, simulated games and long toss nearly every day.

When someone is drafted, they do not immediately go to the Major Leagues. In-
stead, the team assigns the player to one of their minor league affiliates. After he was drafted and signed last year, Jake was assigned to the Indians affiliate in the Ar-
izona Rookie League.

“When I got there, I was nervous,” Jake said. After two appearances, Jake was shut down for a month due to injury. After he came back, Jake said he realized the batters were struggling to hit his breaking pitches.

“That’s where I got most of my suc-
cess,” Jake said. “I really lived off of off-
speed pitches when I got to rookie ball.”

With baseball on hiatus, and no start date in sight Jake said he’s had to get creative for workouts. Jake said he does his conditioning in the driveway of his family’s 30-acre property and throws weighted balls in a makeshift gym in his dad’s workshop.

“I do as much as I can with what I got,” Jake said.

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Professional athletes and their contributions during COVID-19

- **Seattle Seahawks quarterback Russell Wilson and wife Ciara**
  - Donated 1 million meals to Seattle community via nonprofit Food Lifeline
  - Pledged to raise 10 million meals for Feeding America
  - Donated 2 million masks via Wilson’s clothing line, Good Man Brand
  - Donating 3% of every purchase made on Good Man Brand website to nonprofits

- **Houston Astros pitcher Justin Verlander and wife Kate Upton**
  - Donating weekly MLB paycheck to organization of choice

- **Seattle Seahawks wide receiver D.K. Metcalf**
  - Donated $50,000 to be split evenly between Swedish Hospital (Seattle), and meals for residents of Oxford, Mississippi

- **Golden State Warriors guard Steph Curry**
  - Created a COVID-19 resource guide for information on the pandemic, available at sc30.com

- **New Orleans Pelicans forward Zion Williamson**
  - Pledged to pay all Smoothie King Center arena workers’ salaries for 30 days

- **Houston Texans defensive end J.J. Watt and wife Kaela Ohai**
  - Donated $350,000 to Houston Food Bank

- **Olympic gold medalist swimmer Michael Phelps**
  - Donating “game-worn” suit, cap and goggles to “Athletes for COVID-19 Relief Fund”

- **Golden State Warriors guard Steph Curry**
  - Created a COVID-19 resource guide for information on the pandemic, available at sc30.com

- **Air Force ROTC Det 895**
  - **Building Tomorrow’s Leaders Today**
  - **College Scholarships Available!**
    - Covers: tuition, fees, and textbooks
    - Plus a monthly allowance
    - Rewarding Job upon Graduation

  **Air Force Benefits**
  - $60,000 starting pay/benefits
  - Life Insurance available
  - Educational opportunities
  - 30 days paid vacation per year
  - Retirement after as little as 20 years
  - Medical/Dental Care

- **Mac Miller**
  - Donated $100,000 to No Kid Hungry

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- **NBA free agent guard Isaiah Thomas**
  - Donated 1,000 meals to UW Medical Center employees

- **Philadelphia Phillies outfielder Bryce Harper**
  - Donated $500,000 to be split between Direct Relief (Las Vegas), Three Square (Las Vegas) and Philabundance (Philadelphia)

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For more information, please visit us in Lind Hall, Room 202A, call 509-963-2314 e-mail afrotc@cwu.edu or cwu.edu/airforce
What podcast should YOU be listening to?

How are you feeling today?
- I need a good dose of reality
- Get me out of this funk
- Let’s sink into it

Keep the good times rollin’
- Going out or staying in?
- If I could go out, I would
- Staying in isn’t all that bad

Learning something new or watching TV?
- Teach me something!
- Where’s the remote?
- Listen to B.

What are you watching?
- Take me to a museum
- Out with friends
- A concert

Where to?
- Listen to D.
- Listen to C.

Tired of the news?
- Listen to I.

Can’t get enough!
- Listen to F.

I need an escape
- Listen to G.

What are you watching?
- Listen to E.

Comedy
- The Office
- Brooklyn 99

Drama
- Law & Order
- Black Mirror

Listen to A.

Staying in isn’t all that bad
- Enjoy staying in
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