CWU lights up for healthcare workers

Bailey Tomlinson
News Editor

CWU has joined other institutions nationwide in participating in the Light It Blue tribute. Beginning on April 15 and going through April 30, Barge Hall will be lit up from 9 p.m. to 11 p.m. with blue lights to honor essential workers continuing to perform their duties through the coronavirus pandemic.

“This is our acknowledgment of the national Light It Blue campaign,” said Kremiere Jackson, CWU vice president of Public Affairs in a statement on the CWU website. “Central Washington University wants to visually display its steadfast support for the tireless efforts of health care professionals and all essential workers during this unprecedented time.”

Churchgoing in a pandemic

According to Stoeckl, Salt’s member count has fluctuated between 250 and 400 in the last couple of years. Under normal circumstances, students in the group can volunteer and serve by volunteering at FISH food bank or doing yard work for local seniors.

“One of the main things that is unique or special about being a part of Salt is that it’s connected to an actual church here in Ellensburg,” Stoeckl said. “That gives you the opportunity for sharing community with people who aren’t just college age students, getting mentors and everything from folks who are a little bit older.”

The group also participates in fun physical activities including ultimate frisbee and two-hand touch football.

Salt also organizes trips like camping retreats in the fall and snowboarding/skiing retreats in the winter or summer.

Emergency Pass/Fail Option

Abigail Duchow
Senior Reporter

Due to all classes being taught online, CWU has implemented a system to help students succeed in a learning environment they may not be familiar with. The system CWU will be using for spring 2020 is pass or fail grading.

"We want to make sure [students] are staying in classes, we know that when you drop out for one quarter your odds of coming back are significantly lower." - Zackary Turner, ASCWU VP of Legislative Affairs

According to Franken, professors will continue to grade students as usual. However, with pass or fail grading, students can choose if they want to accept their letter grade within 4 days of when their final grades are posted. If they are not satisfied with their grade, they can convert it to a pass or fail grading.

"The reason they might want to convert to an emergency fail is because those grades will not be calculated as part of the overall GPA," Franken said.

Franken also said CWU is doing its best to assist students in being successful during the changing landscape due to COVID-19.
The quarter is beginning to get into full swing. The sun is starting to come out, classes have begun, and The Observer now has roughly a dozen new staff members honing their skills as reporters, photographers, and copy editors. Many of their stories don’t look like their first piece of journalism work, which can be attributed both to their hard work and to the work of those directly in charge of them: the editorial staff.

Is anyone else getting sick of hearing about how COVID-19 is tearing apart every aspect of daily life? You can bet we get tired of it as well. While the news must go on, this issue has some welcome relief in the form of Sports Editor Austin Lane’s coverage of the NFL draft, and Graphic Designer Teagan Kimbro’s helpful guide for making “Ye Olde Bread.” We also have an opinion piece from Copy Desk Chief Aeryn Kauffman, which dives into some of the benefits she has reaped from working at home. Maybe it’ll help you find some silver linings too.

The first weeks of this quarter have mostly been focused on remaking our entire production cycle from scratch. Now that we have the staff reporters and have come up with our production schedule, we’ll be able to focus our efforts more on making as polished and high-quality a product as we can.

Until then, good luck with classes, and take care of yourselves out there. Pay attention to the health of your brain. It is potentially dealing with more than it ever has before, both organizationally and emotionally. It’s easy to feel pulled in every direction right now, or to feel lost in a void. That’s okay. Human beings are more resilient than we often think, and all of what we might be feeling right now is our brains trying to adapt to keep us alive and sane in an insane world.
**Barge lights up blue for healthcare workers**

Continued from Page 1

According to a statement posted on the CWU website, 30 blue lights have been used to achieve this effect. These lights are traditionally used for events in the SURC, but with events canceled for the remainder of the quarter they were available to be used for this new cause.

Barge Hall was chosen for its front-facing visibility, the statement said. Facing the street on East University Way, Barge Hall is visible to all of the traffic using one of the main roads past campus. CWU encourages people to view the lights while driving by and to stay conscious of social distancing measures when visiting to see them.

Some towns have begun encouraging residents to replace their porch light with a blue light to join in on the tribute. The color blue plays a large role in the medical community, with 99Designs, a Melbourne-based graphic design company, reporting that more than 80% of industry-leading healthcare companies have logos that feature the color blue.

The reasons for this are because “the color blue is typically associated with credibility, trust, knowledge, power, professionalism, cleanliness, calm and focus,” according to doctor-focused marketing group Doctor Multimedia.

Continued from Page 1

This grading option is part of what CWU is doing to try to help students.

“We’re really thinking about how we can best support students, particularly those who are not accustomed to learning online, so they can be successful throughout the semester,” Franken said.

ASCWU VP of Legislative Affairs Zackary Turner said this grading tactic will be helpful and provide accommodations for students who are not used to online classes.

Turner said not everyone is handling the changes resulting from COVID-19 the same way. According to Turner, it can be especially difficult for people such as students who have children or students with behavioral disabilities.

“We want to make sure students are staying in classes, we know that when you drop out for one quarter your odds of coming back are significantly lower,” Turner said.

Turner talked about how this grading accommodation is helpful for people who may not be used to an online learning environment. He said it can be useful to those who might usually be “A students” but find an online class more difficult or have technical difficulties resulting in a lower grade like a C.

“This gives students an accommodation that’s like, ‘I tried my best and I got a C, I’m usually an A student, but I got a C and that sucks,’” Turner said. “But now it’s not haunting them forever.”

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The color blue is typically associated with trust, knowledge, power, professionalism, cleanliness, calm and focus

- Doctor Multimedia

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Students get emergency pass or fail option

The Observer

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Building construction to continue

Ty McPhee
Staff Reporter

Construction for the new Health Sciences building will be continuing despite Gov. Jay Inslee’s statewide COVID-19 restrictions.
The CWU Board of Trustees (BOT) meeting on March 31 was held online following Inslee’s stay-at-home order. President James L. Gaudino addressed the ongoing construction of the new Health Sciences building and how the social distancing restrictions of six feet may affect the progress of construction.

“There is some impact, a minimal impact to construction on campus,” Gaudino said.
While the effects of COVID-19 will be felt during the construction of the building, they won’t be stopping TW Clark Construction.

"Health Science is going vertical. Meaning the infrastructure for the walls is starting to go up,” Gaudino said. “That work is all outside, so social distancing can be maintained, so that work is ongoing.”
It’s unclear what steps will be taken once the construction transitions from the outdoor phase to indoors where workers will be in much closer proximity.
It has not yet been announced whether COVID-19 will cause delays to the completion of the construction.
With the possibility of Inslee’s Stay Home, Stay Healthy order’s end date getting pushed back beyond May 4, it can’t be predicted whether there will be any delays on the completion of the building.

Social distancing allows construction to continue on the Health Science building.

Construction is still considered an essential business according to the Washington state's official COVID-19 website, which states it’s okay for workers to continue operating if they are workers who support the construction for essential facilities, services and projects.
The construction began late November 2019 after the demolition of Hertz Hall in spring 2019 and is projected to continue for the next two years. The Health Sciences building is being built in conjunction with the other buildings in the science neighborhood including Science, Discovery and Samuelson Halls.
Kittitas Valley Math Circle meetings canceled

Michelle Reyes
Staff Reporter

Kittitas Valley Math Circle (KVMC) canceled their face-to-face meetings at CWU for the remainder of spring quarter.

On April 6 Gov. Jay Inslee requested a statewide closure of private and public schools for the remainder of the 2019-2020 school year. KVMC is a program hosted at CWU that encourages community through math to students in grades 2 through 6. The program is sponsored by the College of Sciences and the Department of Mathematics, and undergraduate interns at CWU can dedicate their time to mentor math circle sessions.

Brent Hancock, who has a doctorate in mathematics education, said “the mentors love the open-ended nature of the investigations, and there is always an element of play where both kids and the mentors are having fun and always asking and investigating new questions.”

The undergraduate students spend time mentoring the elementary students, and according to Hancock, the KVMC program has given undergraduate interns room to run their own Math Circle. Hancock said the opportunity to lead their own Math Circle allows undergraduates to interact with the students without the pressure of a rigid lesson plan.

By holding the math events at CWU, it allows the staff to use the university’s resources to make the program as good as it can be, Hancock said. Having the program on campus allows easy access for undergraduate mentors as well as the faculty who run KVMC, Hancock said. According to Hancock, interns help in assisting with printing, sign-in for students and parents, and other logistics. Being on campus permits the use of classrooms with ample whiteboard space and tables, which are useful for collaboration amongst the students.

Now that schools are closed for the remainder of the year, Hancock said KVMC leaders are working with undergraduates to create online materials which will be shared with their Math Circle students. Some of the resources include the Math for Love Group, which includes free online lesson plans for teachers, and the Julia Robinson Mathematics Festival Webinar Series, which focuses on featuring mathematical challenges and puzzles to grades 4 through 12. The newly created Math Communities website is another resource that gathers free and interactive math events for anyone looking for math programs available to do from home.

The purpose for online material is so students “don’t have to miss out on exploring mathematics, even in this difficult time,” Hancock said. Hancock said KVMC is a program where students of any math background can tackle interesting problems as a team and learn something new and exciting. KVMC is not a traditional math class, according to Hancock. There are math games, puzzles, magic tricks and many other activities.

KVMC has an adult program for parents, guardians and teachers. Hancock said the adults can discuss mathematical problem solving strategies used in the Math Circles and elementary schools. There is also a Spanish speaking middle school program which allows students to engage in mathematical tasks in Spanish. “We are really trying to give every one in the community an opportunity to explore the beauty of mathematics,” said Hancock.

Hancock said he believes parents play a large role in their children’s mathematical growth by supporting their creativity and taking an interest in what the children are learning in school. The Math Circle includes built in time for parents to see what their student has built or played with, and there is a math festival at the end of the school year.

KVMC is one of many programs that are changing their in-person program to be accessible online for students who want to continue participating during the stay-at-home order. “We miss interacting with everyone in person,” Hancock said. “But we are hopeful that in the meantime KVMC students and families can persist in their exploration of mathematics online.”

KVMC Update

An update on the CWU website from KVMC states they hope to share Math Circle videos created by KVMC undergraduate mentors in the coming weeks.

The schedule for 2020-2021 has been created, according to the update, and KVMC hopes to welcome students back by October 6.
Social movement ‘It’s On Us’ comes to CWU

A chapter of a social movement called It’s On Us has recently started at CWU. It’s On Us is a social movement created to raise awareness and fight sexual assault against men and women on college campuses.

CWU’s chapter was started by Gretchen Kelley, an information technology and administrative management (ITAM) major at CWU.

“I have been interested in It’s On Us since it started back in 2014,” Kelley said. “I noticed there was no chapter on campus and I wanted to bring that to Central.”

Kelley said she needed to do an internship for her major and chose to get involved in It’s On Us.

“I chose this because I wanted to bring it to campus. I wanted to provide education about sexual assault and prevention and change the culture of victim blaming,” Kelley said. “I feel that this chapter of It’s On Us can help students at Central, especially any incoming freshman who may not have any kind of education on this topic.”

Sheila Avila, a student majoring in sociology, recently heard about the club coming to campus. After hearing about the cause, Avila said she was glad to hear a movement like this was being brought to CWU.

“I had an incident at the bar here in Ellensburg where I was speaking up against some guy who had harassed my friend. I was speaking up for her because he touched her without her permission,” Avila said. “There were so many people around me, but nobody, no bystander, nobody, intervened to help me. The guy wouldn’t listen and his friends refused to acknowledge what he did was wrong.”

According to Avila, educating students on bystander intervention can be very beneficial to many students.

“I think that by educating people on what bystander intervention is and what it looks like, it would help so many people, because [sexual assault] happens all the time,” Avila said.

Kelley pitched the idea to open an It’s On Us chapter to her advisor and is now finding ways to make her club come to life.

Due to campus being closed, Kelley said it has been hard trying to find club members and a club advisor.

To make up for the lack of in-person interaction, Kelley has found ways to reach out to interested students by creating a Facebook page.

“For the time being, I am trying to be as active as possible online, by sharing stuff,” Kelley said. “I understand that we’re not able to be on campus, but I’m hoping if [the quarantine] dies down, we’ll be on campus and create events for students to attend.”

Kelley said for now, she will be focusing on recruiting members by doing giveaways and spreading information about the cause.
The crowd involvement, especially when students make jokes and share the same experiences. He said it is a great opportunity overall. The variety of different movies shown is something Garcia enjoys. He said they have a mix of horror and comedies and they're good most of the time.

Grant Josephson, a freshman undecided major, learned about Monday Movie Madness by working as a mascot handler and seeing posters around campus. Josephson said he felt that Monday Movie Madness being moved online will be more of a challenge for students. With classes online, he said Monday Movie Madness will not be the same. Attending Monday Movie Madness was a great time to meet up with people and to just go see a movie, according to Josephson. Josephson said Monday Movie Madness was usually packed and he liked how much variety was provided for students.

“Monday Movie Madness is a benefit for students because not too many students can afford to see a movie with the cost of college. It was great to have available,” Josephson said.

Libby Williams, a sophomore majoring in digital journalism who works for Campus Activities, believes with Monday Movie Madness going virtual, it will be interesting to see how many students attend. One of the difficulties Williams mentioned was getting students to check social media to see what activities are being offered on campus virtually. According to Williams, the first Monday Movie Madness hosted on Netflix Party this quarter had 15 students join. Williams said it was not in full attendance compared to when it was in person, and it could’ve been because students didn’t know.

On average, depending on the movie being shown, there were some nights where there were over 150 people in attendance, whereas other nights there were around 70 people, according to Williams. The movies picked for Monday Movie Madness depend on what the new releases and hits are on Netflix. According to Williams, the Monday Movie Madness schedule for the quarter is posted on the CWU calendar of events. Williams said Monday Movie Madness has been a cool experience for students, and that “being surrounded by students your age with the same sense of humor is great.”

Williams recalls a moment watching Monday Movie Madness where students were making jokes and having a great time while also yelling at the movie screen.
Delivery Methods change amidst PANDEMIC

Written by Samantha Cabeza
Design by Bekah Blum
April 22, 2020

DOORDASH or AnoDelivery
Delivery services have started to experience a rise in the amount of takeout orders they receive daily due to the stay-at-home order. Many restaurants are closed and have turned to takeout and deliveries to keep business going. The stay-at-home order is set to conclude on May 4.

The stay-at-home order has kept all nonessential businesses closed for the time being to avoid the spread of COVID-19 including restaurants, salons and gyms. Many of Ellensburg’s restaurants are now delivering straight to the front doors of local residents and essential businesses, such as KVH Hospital.

Services like DoorDash, Ano Delivery and GrubHub are assisting not only businesses but the locals who wish to support the businesses in these times. Customers can use these services via a website, phone call or an app.

D&M Coffee, a local coffee chain in Ellensburg, is one of the few businesses that has started using delivery services. D&M delivers freshly roasted coffee beans straight to local doorsteps on Mondays, Wednesdays and Fridays.

Ellensburg residents looking for their coffee fix are still able to use D&M’s drive-thru location and “takeout” their coffee when they order from D&M’s website.

Genesis Ballard, a barista at the D&M drive-thru location, said their busiest delivery location is KVH Hospital in Ellensburg.

The D&M Coffee inside KVH Cafe is temporarily closed due to COVID-19 restrictions.

The coffee shop has designed an online drink ordering platform so they can support KVH while the D&M KVH Cafe location is closed.

The nurses working at the hospital can put in their coffee orders on D&M’s website and have the option to order up to 30 minutes in advance or order for the next day. According to the D&M website, the company has started to arrange coffee orders to be delivered to four KVH locations each weekday morning. Ballard said these delivery times are 8-10 a.m.

“We had about 11 coffee orders in just one morning come from the hospital,” Ballard said. “We normally make about 20-30 coffee deliveries daily.”

DoorDash is another service that had its employees change their delivery process as takeout and delivery orders have risen. According to a DoorDash employee who wishes to remain anonymous, they’ve started adapting to cleaner and safer ways of delivering orders. Customer orders will be marked as a “no-contact” order by default and Dashers, a name for DoorDash employees, have started to leave orders at the door.

Dashers are no longer allowed to open orders when they need to confirm all the contents are there. They must confirm the name of the customer and their order contents at the restaurant they are picking up from.

Locations that DoorDash picks up from in Ellensburg include Sak’s Family Restaurant and fast food joints such as Burger King and Wendy’s. Ano Delivery is a delivery service started by CWU students and Ellensburg residents Dante Palmisano and Juan Zamorano. They just celebrated a year of being open on April 15.

Ano delivers food from multiple restaurants in Ellensburg including The Daily Bread, The Porch and more.

Ano Delivery is one of the services that has seen a growth in delivery requests daily, going from 20 to 30 orders to about 30 to 40, according to Dante Palmisano, co-founder of Ano Delivery.

“We have had to hire two drivers on the team to help us out with the increase in orders,” Palmisano said. “We used to have Mondays off, but now we have had to change that because of how busy we have become.”

Palmisano said in an earlier interview that a lot of the restaurants that provide delivery services have reached out to Ano Delivery. The restaurants wanted to help promote Ano by offering to pay the delivery fees customers have to pay to help support the company.

The relationship between Ano Delivery and local restaurants has included cross-promoting each other. This has meant both parties are getting the assistance and help they need to stay afloat while the stay-at-home order is still in place, according to Palisano.
How religious groups are adapting

Continued from Page 1

In regards to how the mandatory stay-at-home order has affected the group, Stoeckl said, “probably the biggest overall blow is that it’s hard to maintain and create and have genuine community when you can’t see each other and be around each other. On top of that, all of our mission trips were canceled for the year, and all of our fun local events.”

Salt is trying their best to adapt their group to an online format. They’ve increased their online and social media presence and completely adapted their live services into livestreams.

In order to do this, certain members of the group film different aspects of the service, collect them together and then post them online. Another group on campus, Catholic Campus Ministry (CCM), is a Catholic student organization with about 40 members.

“We’re kind of a smaller, more focused group,” said CCM Peer Minister Jeffrey Harn, an electronic engineering major and junior at CWU. “It’s very personal... we’re able to go a lot deeper into our conversations and spiritual talks and everything.”

CCM used to provide on-campus mass for students in the SURC every Sunday, but with the stay-at-home order, the group is unable to hold their normal weekly activities and events.

“We don’t know how the future looks, but our spring retreat is looking to be canceled too,” said Harn. “It’s definitely been a change, but we’ve been staying connected online... either on Discord or through Zoom.”

Pablo Reulas is a sophomore majoring in electronic engineering and a member of CCM.

This is his second year as a member of the group.

“I joined CCM because I wanted to expand my knowledge about my faith and to join a club with people that had similar beliefs to me,” said Ruelas. “I get to learn more about my own faith through myself and through others around me.”

Ruelas said he misses seeing his friends in CCM. According to him, there’s a noticeably smaller amount of conversation between the group, and they can only see each other through virtual meetings.

Because the stay-at-home order is still in effect, most Easter services were canceled or moved online to livestreams.

CCM decided to leave the Easter celebrations to people and their own families.

Different religious groups in Ellensburg

- Adventist Christian Fellowship
- Resonate
- Catholic Campus Ministry
- Chi Alpha Christian Fellowship
- Church of Christ
- Salt
- Calvary Baptist Church
- Grace Episcopal Church
- Jehovah’s Witness Kingdom Hall
- First Lutheran Church
- Wellspring Christian Fellowship
- The Call Fellowship
- Apostolic Faith United
- Chestnut Street Baptist Church
- Church of Jesus Christ of Latter Day Saints
- Community of Christ
- Ellensburg Adventist Church
- Family Christian Center
- Ellensburg Foursquare Church
- First Baptist Church
- Ellensburg Institute-Religion
- First Christian Church
- Ellensburg United Methodist Church
- First Presbyterian Church
- Great Round Up Covenant Church
- Independent Baptist Church
- Kittitas Valley Unitarian
- Prophet Elijah Antiochian Orthodox
- Quaker Silent Meeting
- Sam Wray Church
- St. Andrew’s Catholic Church
Remote work?
For the rest of my career?
Sign me up

Aeryn Kauffman
Columnist

Another day, another 24 hours of bare face and comfy clothes. I could get used to this.

There’s nothing to do outside of the house, but inside, I couldn’t be busier. There’s more homework than both my previous quarters by far, but I’m happy with remote school and work. There are things I miss. I likely learned better in person, I walked a lot more between classes, and it was nice to meet new people in passing. But there are quite a few perks to totally online school.

First, it’s way easier to show up on time. All I have to do is login to my laptop. With online classes, I don’t have to turn on my camera, either, which is great for bad hair days and no makeup days. In person, I wasn’t always in the best mood to go to class, but it’s easier to hide a bad mood by simply turning off the camera. You can’t do that in person.

You can do your school work pretty much whenever you want to. This means if I stayed up late working the night before, I don’t have to get myself out of bed early the next day. Video lectures can be watched at double speed, paused and rewatched. No more relying on written notes of in-class lectures. It’s also great to be at home where you can take a quick break when you need to. I’ve been cooking a lot more, too, because I don’t have to worry about commuting or being tired out from water polo practice. These past few weeks I’ve had some of the best meals all year, simply because I have the time to cook.

My feelings aren’t unusual. In a 2015 research review, remote employees experienced more work satisfaction, less stress and ironically, more productivity. Employees were actually less distracted at home than they were at their workplaces, logging four more hours than office workers.

However, one large potential downside to working remotely is social isolation, according to the American Psychological Association. For some, coworkers are their only outlets for socializing. I definitely miss socializing in person from time to time, but calls, Zoom meetings and instant messages usually fulfill my social needs.

Another potential downside to working remotely is if employers never see workers in person, they may expect more from them than office workers. A study from The Bureau of Labor Statistics showed remote employees were more likely to work overtime than office workers. Employers may have demanded more of them because the boundaries between work and home were blurred.

Still, the benefits outweigh the downsides. You get more freedom to work at your own pace from the comfort of your own home, and you don’t have to deal with distractions from coworkers. If we can address the issues of social isolation and burnout, we should allow more employees to work fully remote. Addressing social isolation may be a case-by-case basis depending on every individual’s needs, but the burnout factor can be confronted with labor laws or company policy changes.

Still, the benefits outweigh the downsides. You get more freedom to work at your own pace from the comfort of your own home, and you don’t have to deal with distractions from coworkers. If we can address the issues of social isolation and burnout, we should allow more employees to work fully remote. Addressing social isolation may be a case-by-case basis depending on every individual’s needs, but the burnout factor can be confronted with labor laws or company policy changes. Part of it is a perception issue, though. Everyone I know who works remotely seems to have a lot expected from them just because they don’t work in an office. If more people switch to 100% remote working, the stigma will slowly fade.

Further, more students should consider fully online school if they find this quarter has worked for them. Be careful not to overwork, though. 18 credit hours is still a full time job, even if it’s online.
I can’t wait for baseball to return

Mitchell Roland
Columnist

I miss baseball. A lot.

On the west side of the mountains, winter days are the same monotony of gray skies and dreariness. There’s a yearly glimmer of hope in early February. The day Mariners pitchers and catchers report to spring training is an annual reminder that spring and summer are just around the corner.

As spring games kicked off, the cold and wet weather became just a little more bearable because better days were clearly ahead. While it may be raining outside, you could go on Twitter and see highlights from clear skied Arizona.

There is a saying that there is no such thing as bad sex or pizza, and I think the same is true for baseball. The Mariners are not expected to be competitive this year. They are no one’s favorites to win the world series, or to even make the playoffs. The Mariners’ main selling point this year is that things will be better in the future. But none of that matters.

Baseball is so much more than just wins and losses. It is high-fiving and cheering on with complete strangers after a home run. It’s working in unison with 30,000 other people to get the wave going around the stadium. Baseball is late night firework displays and kettle corn and summer afternoons at the ballpark. It’s a three-hour distraction that brings strangers together 162 times a year.

But just as the season was getting ready to start, everything came to a screeching halt. The first sign of trouble was an article that said the Mariners may have to play their first home games of the season at their spring training complex, due to a ban on large crowds in Washington to mitigate COVID-19.

Soon, it became clear playing regular season games in Arizona would not be necessary. The season was first put on a two-week hiatus before it was suspended indefinitely.

MLB has thrown out different ideas to try and play the season, from playing games in empty stadiums to playing all games at spring training facilities in Arizona and Florida. There’s been talk of holding the World Series in a neutral site stadium in the winter, and one idea was to even conduct the season in Japanese stadiums.

While there is no guarantee any of these ideas will become a reality, if the season is played in some form with limited fan experience, it won’t be the same. Part of what makes baseball so unique in professional sports are the interactions fans can have with the players.

Players will play catch with fans in the stands to warm their arms up before games. At T-Mobile Park, you can stand mere feet away from the pitcher as he warms up in the bullpen. Players periodically leap into the stands to try to catch a foul ball. When you go to a baseball game, there is always the possibility you will become part of the action.

In the grand scheme of things, a cancelled baseball season is extremely unimportant. In a battle between sports and public health, public health should win every single time.

But sports still matter. And personally, I’m counting down the days until baseball returns.
CWU Football players find creative ways to stay active

Holly Hunter and Mitchell Roland
Staff Reporter & Senior Reporter

With sports on an indefinite pause in America, CWU football has had to get creative in their offseason program. Due to COVID-19, athletes in fall sports can’t practice and will miss out on other things that usually prepare them for the season.

CWU Football head coach Chris Fisk said this offseason is unlike anything he has seen. “There’s no playbook for this,” Fisk said. "Nobody’s been through this before.”

With no spring football, Fisk said the biggest thing the players are missing is the practice time on the field. "[The’re] missing the reps," Fisk said. "Missing the valuable reps is important."

Finding ways to stay active can be hard right now. Fisk said he has tried to make up for the lost time. With all gyms in the state closed, Fisk has challenged players to get creative with their workouts. Although players can’t report their physical activity due to NCAA and conference regulations, Fisk has sent players videos of NFL legend Hershel Walker and movie character Rocky Balboa to show them how they can work out with limited equipment.

“The kids are trying to substitute what they can for what they have,” Fisk said.

Senior wide receiver Jojo Hillel moved back home and is able to work out at a family friend’s gym while still maintaining social distancing.

Sophomore wide receiver Tai-John Mizutani, on the other hand, has decided to stay in Ellensburg. He travelled back home to Hawaii for 10 days and came back to be with his team.

“Luckily one of our teammates has a gym in his garage. We’ve been working out in there and running sprints up and down Water Street,” Mizutani said.

With players working out on their own, Fisk said his biggest concern is player safety once the season begins. Since players will not have a typical offseason, Fisk said there could be an increase in injuries when the season begins. Fisk said he thinks his players are doing a good job of staying active to hopefully minimize injury risk.

While some players have worked out equipment to use right now, not everyone does and Mizutani said that could be a problem when practices come back. “I think the main difference will be our team’s physical shape.”

"There’s no playbook for this. Nobody’s been through this before." - Chris Fisk Football head coach

Since a lot of people don’t have access to gyms, it will be hard for some people to maintain the strength that they would’ve had if they were able to work out,” Mizutani said.

While Fisk has worked to make up for missed practice time, he’s also trying to help players outside of football. Fisk said before their team meetings, players have one-on-one meetings with coaches to check in on them. During these weekly Zoom meetings, players talk with coaches about their academics and how to adjust to online classes.

Hillel said meetings aren’t the same. “I think what is having the biggest impact is not being able to practice. Those reps in practice are so valuable and as much as you can learn in a classroom, you cannot replace the live reps you get on the field,” Hillel said. “Those trials and tribulations on the field allow you to make the mistakes and fix them immediately.”

Fisk said team meetings begin with conversations about how players are handling the situation. The team has even started a book club, where players read a couple chapters each week and discuss them in a Zoom meeting. Fisk said this is all in hopes of building camaraderie among players. “Just talking, trying to have that social interaction,” Fisk said.

“Football is a game of brotherhood.” For the football team, the spring game is their last spring practice. The team opens the practice up to fans to showcase their skills early in the year before the season rolls around. The spring game won’t be happening this year.

Hillel will miss his last spring game with the Wildcats. He said missing out on the game not only affects getting ready for the competition but will also have an effect on the community. “The spring game is also huge in the community as we always do a kids camp the morning of the spring game. I am sad that I will miss my last spring game,” Hillel said.

Mizutani also expressed his feelings about not having a spring game this year. “It’s disappointing, especially after going through such a tough winter conditioning program,” Mizutani said.

The spring game isn’t all about being ready for “fall ball,” according to sophomore Oromono Opiew.

“Not having a spring game actually hurts a lot because spring ball is the time you compete. But not [by] playing games, Opiew said. You’re anticipating to ball up against your teammates and show your coaches what you can bring to the table.”

Opiew said his biggest struggle with having practices stopped during this time is a little different from his teammates. “Not having Coach Perry to help me through my rehab because I had to get surgery about two months ago,” Opiew said.

Opiew also sees this time as a blessing in disguise for himself and other teammates to be able to get healthy for when they can return to practice and games.
Recreation center workers laid off

Rey Green
Staff Reporter

With school being online, the entire campus is closed, leaving recreational workers out of a job this quarter. A majority of recreational workers are hurting financially and are in a tough situation because they use their recreation job to help pay for school, bills and food, according to Tony Barajas.

Due to COVID-19, millions of people are out of jobs and the American government has provided a $1,200 stimulus check. Some college students did not meet the requirements to receive this money.

Tony Barajas, a sophomore personal trainer at the Recreation Center, said this is affecting him in a lot of different ways.

“I am unable to pay my bills so unfortunately I am living off of other earnings I made this year,” Barajas said.

Barajas said his situation is not ideal because he was saving the money he is now using to pay for his bills.

Barajas was able to qualify for the stimulus check because he filed taxes independently.

“I’m thankful, and it is helping me out in this time,” Barajas said.

Madison Fritts, a senior intramural sports supervisor, said it has been a very challenging time for her.

“I am unable to pay my bills so unfortunately I am living off of other earnings I made this year,” Barajas said.

Barajas said the Recreation Center was currently in Ellensburg. He said they talked about this during spring break, but he hasn’t heard about any funding yet from his Recreation employer.

Marissa Miles, a senior who worked for membership services at the Recreation Center, said not having a job is very unfortunate. Miles is doing an unpaid internship this year.

Not having a Recreation job hurts her situation because she was budgeting her money from that job while doing the internship.

Miles also said there is not much the Recreation Center can do to help her situation because it is closed.

“We have a meeting that we do get paid on but it’s only an hour max,” Miles said.

Miles said not being able to go to the gym has negatively impacted her during this time.

“There’s home workouts and stuff like that but I feel like I just need to go back,” Miles said.

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Opinion: five players the Seahawks could pick in this week’s NFL Draft and why

A.J. Epenesa, Defensive End, Iowa

The Seahawks picked up Jadaveon Clowney early in 2019 to bolster their pass rush, but Clowney has not yet officially signed with a team. Even if Clowney returns to the Seahawks, the other side of the defensive line will struggle next year. Bruce Irvin, Benson Mayowa and Rasheem Green are good rotational ends, but the Seahawks will need more depth at the position.

Nick Harris, Offensive Line, Washington

The combination of speed and grit at the center position as well as the fact that he simply played for the University of Washington will more than likely mean Nick Harris will be on the Seahawks draft board, if he were to fall to them. Harris is an agile offensive lineman who could help in running situations. The Seahawks recently re-signed backup center Joey Hunt, so look for them to pick Harris only if they feel like they are getting good value where he is available.

Jonathan Taylor, Running Back, Wisconsin

The biggest thing that hurt the Seahawks late last year was the injuries they suffered at the running back position. Chris Carson, Rashaad Penny and C.J. Prosise were all inactive for the playoffs, forcing the team to rely on way-past-his-prime Marshawn Lynch and rookie running back Travis Homer. Carson, Penny and Homer will be back, but the Seahawks do not want a deja vu situation this year. Jonathan Taylor would be a good fit for the Seahawks as a prototypical running back who has speed and patience out of the backfield. Taylor recently told ProFootballTalk he would “love to play for the Seahawks” and Taylor has been talking about Seahawks head coach Pete Carroll a lot recently.

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Austin Jackson, Offensive Line, USC

The Seahawks will be looking for an offensive tackle this draft, with the team moving on from former first round pick Germain Ifedi this offseason.

Jackson has incredible athleticism and room to put on some weight to get stronger on the line. The only downside to Jackson’s game is his upper body strength. After Ifedi’s abysmal three years in Seattle, the Seahawks are looking for an offensive lineman with the ability to keep Russell Wilson safe. With some development, Jackson will do a good job at that, as he is already a step ahead of most lineman in the draft with his ability to quickly range out edge rushers.

Michael Pittman Jr., Wide Receiver, USC

Sticking to USC, another player the Seahawks could be looking at is Michael Pittman Jr. The receiver falls into the possession category of receivers due to his size and catching ability, but Pittman also has the ability to run a full route tree. Adding Pittman to the receiving core would complete the arsenal of choices for Wilson to choose from. Between Tyler Lockett, D.K. Metcalf, Greg Olsen and potentially Pittman, Wilson would have size, speed and route runners at his disposal, creating a scary situation for many other teams’ secondaries in the league.

The NFL Draft will begin this Thursday, April 23 at 5 p.m.

2020 NFL Draft first round order

1. Cincinnati Bengals
2. Washington Redskins
3. Detroit Lions
4. New York Giants
5. Miami Dolphins
6. Los Angeles Chargers
7. Carolina Panthers
8. Arizona Cardinals
9. Jacksonville Jaguars
10. Cleveland Browns
11. New York Jets
12. Las Vegas Raiders
13. San Francisco 49ers
14. Tampa Bay Buccaneers
15. Denver Broncos
16. Atlanta Falcons
17. Dallas Cowboys
18. Miami Dolphins
19. Las Vegas Raiders
20. Jacksonville Jaguars
21. Philadelphia Eagles
22. Minnesota Vikings
23. New England Patriots
24. New Orleans Saints
25. Minnesota Vikings
26. Miami Dolphins
27. Seattle Seahawks
28. Baltimore Ravens
29. Tennessee Titans
30. Green Bay Packers
31. San Francisco 49ers
32. Kansas City Chiefs

2020 NFL Draft interesting facts

1. Two years ago, LSU’s K’Lavon Chaisson arrived at LSU’s football camp to support a friend and never planned on playing. Chaisson left that day with a scholarship and is now the second-ranked edge rusher in the draft.
2. Georgia quarterback Jake Fromm played in the 2011 Little League World Series.
3. Liberty University wide receiver Antonio Gandy-Golden can solve a Rubik’s Cube in under a minute and bowled a 300 after two months of practicing the sport.
4. Notre Dame tight end Cole Kmet’s helmet is in the National Baseball Hall of Fame.
5. At nine years old, Memphis running back Patrick Taylor Jr. and his family housed nearly 50 people in New Orleans after Hurricane Katrina destroyed their homes.
6. LSU wide receiver Justin Jefferson qualified for the Punt, Pass and Kick national championship at nine years old.
Step 1
GROW WHEAT AND BUILD OVEN

Step 2
GRIND THE WHEAT (PREFERABLY BY HAND)

Step 3
ADD ABOUT 1 CUP OF NATURAL STARTER (FLOUR AND SPRING WATER FED), WATER AND A LITTLE SALT, TO ABOUT 5 CUPS OF FLOUR.

Step 4
KNEAD AND SEPARATE INTO 2 LOAVES. LET RISE FOR 3 HOURS

Step 5
KNEAD AGAIN AND PLACE INTO WICKER BASKET. COVER WITH A CLOTH AND LET RISE FOR ABOUT 18 HOURS (UNTIL TRIPLED IN SIZE)

Step 6
REMOVE FROM WICKER BASKETS AND COOK IN HAND BUILT OVEN UNTIL THE LOAVES SOUND HOLLOW WHEN RAPPED. ENJOY

Can’t Grow Wheat?

INGREDIENTS
2 cups warm water 110˚ F
1/2 cup white sugar
1 1/2 tablespoons active dry yeast
1 1/2 teaspoons salt
1/4 cup vegetable oil
5-6 cups flour

INSTRUCTIONS
1. Dissolve the 1 TBSP of the sugar in warm water and then stir in yeast. Allow to proof until yeast resembles a creamy foam, about 5 minutes.
2. Mix remaining sugar, salt and oil into the yeast. Mix in flour one cup at a time. Dough should be tacky and clean the sides of the bowl save for a small part at the bottom. Too much flour added in yields a dry loaf of bread, so if you’re worried you added too much, add a bit more hot water until you get the correct consistency.
3. Knead dough for 7 minutes. Place in a well oiled bowl, and turn dough to coat. Cover with a damp cloth. Allow to rise until doubled in bulk, about 1 hour.
4. Punch dough down. Knead for 1 minute and divide in half. Shape into loaves and place into two greased 9x5 inch loaf pans. Allow to rise for 30 minutes, or until dough has risen 1 inch above pans.
5. Bake at 350˚ F for 30-40 minutes. Cool, brush with butter and enjoy!