

4-29-2020

The Observer

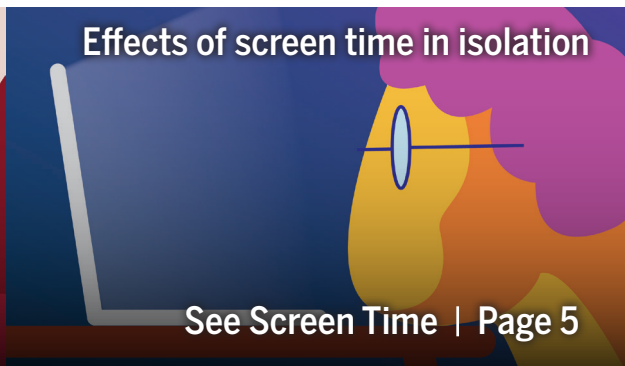
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Vol. 116 NO. 4 | April 29 - May 5, 2020

The Observer

By the students, for the students

Birthday parade held for local health officer

Abigail Duchow
Senior Reporter

Cars filled the parking lot of the church, children helped decorate their parents' cars, and dogs poked their heads out of windows to excitedly look around at all the commotion. People wearing protective masks enthusiastically shared signs, streamers and balloons with others.

On the evening of April 24, community members came together at St. Andrews Catholic Church to decorate their cars. The occasion was the birthday of Dr. Mark Larson. The people of Ellensburg were preparing their cars to drive by Larson's house and celebrate his birthday while following social distancing guidelines.

Larson has been the Health Officer for the Kittitas County Public Health Department since 2006 and is also a doctor at Kittitas Valley Healthcare specializing in family medicine. In 2015, he received the Dr. John Anderson Memorial Award for Outstanding Rural Health Practitioner and the State Family Physician of the Year award.

Brandee Coates was at the birthday parade decorating cars and making signs. Coates said she felt Larson was very deserving of a birthday parade.

"He's trying really hard to make sure we're all valued and our lives are valued, and he realizes, all of us, as parents and essential workers, that all of this is affecting us so much," Coates said. "Him being my own personal physician, I know that he cares deeply about everybody in this community. So I think this is just really important, that he sees that he's valued too."

Continued on Page 3

Zoom keeps the band together

Karina Severino
Staff Reporter

Due to classes being moved online, music students have to find ways to practice from home and use video conference tools like Zoom or Blackboard Ultra to communicate with their professors and fellow students.

Alan Ramos, a freshman music education major, said having Zoom meetings helps online learning feel more structured and normal. However, since sound is really important in music learning, loss of connection or other audio technical difficulties sometimes makes it hard to hear the notes professors are playing.

Like many others, Ramos is feeling the impact of not having an available practice room like the ones on campus.

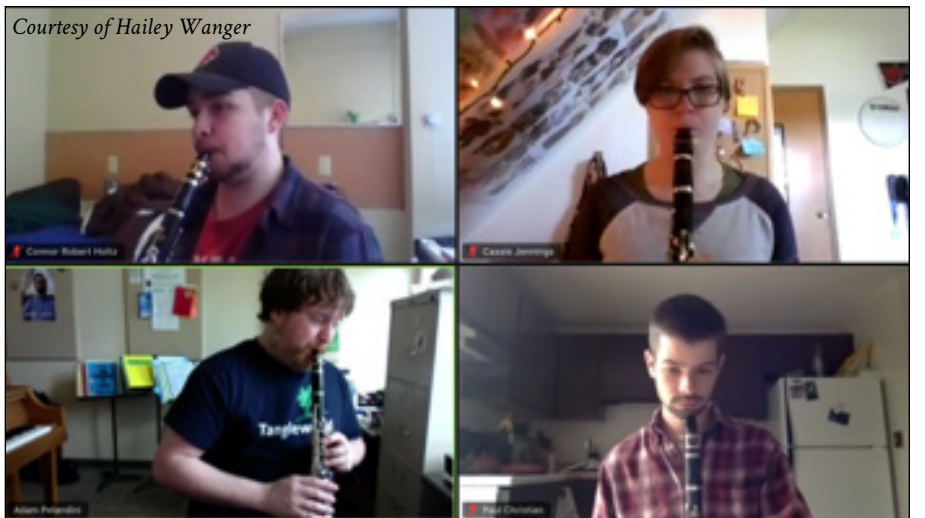
"I have a garage that we just finished building," Ramos said. "I turned that into my study room and it's where I practice my playing."

Ramos said this change has been different, but he's been able to manage his time. He's taking four music classes this quarter on top of his other required courses.

"Three of my classes have Zoom meetings at eight in the morning," Ramos said. "I like that it gives me time to do my homework after work."

The violin is his primary instrument, but

Courtesy of Hailey Wanger



Ramos also plays the bass, guitar and piano. "I've been doing music since middle school. I just wanted to learn more about it," Ramos said about choosing his major. "I wanted to do education with it and teach others."

Hailey Wanger, a junior music education and trumpet performance double major, said working from home has its ups and downs.

"Not having a practice room has been very different. I'm a trumpet player... and I have to work around my roommates' schedules to find time to practice," Wanger said.

"On the other hand, it's nice to have my room as a space where I can be really productive because I have my instrument and my whole setup."

Music courses typically require students to have in-person meetings where they are given time to have one-on-one sessions with their professors. They are also required to set time aside to practice their instruments.

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Courtesy of Georgia Mallett

Free lunches offered through school program

Michelle Reyes
Staff Reporter

Ellensburg School District has been providing breakfast and lunch sacks at nine different locations since April 6, to anyone under the age of 18. The program will continue until June 19.

Schools have continued to provide lunch to students even though schools throughout the state have remained closed since Gov. Jay Inslee's Stay Home, Stay Healthy order was announced March 13.

Kelly Kronbauer, executive director of student services for the Ellensburg School District, said many families rely on breakfast and lunches the school provides and although kids are not attending school, he said the district still has the obligation to support those students with meals.

"This [lunch program] is actually the emergency foods program. This is directly connected to the COVID-19 situation and all school districts have been tasked with providing meals for our students," Kronbauer said.

All food service staff wear masks and gloves at all times while working. The staff frequently wash their hands between tasks and have people spread out as much as possible inside of the kitchen. Everyone maintains the 6-foot apart social distancing guidelines. If anyone has any runny noses or flu symptoms they are asked to stay home, Child Nutrition Director Alexandra Epstein-Solfield said.

Epstein-Solfield said one of the first things they did was check the Environmental Protection Agency's (EPA) list of common chemical disinfectants that work against the coronavirus.

"The staff was typically using a sanitizer, but it was not on the EPA list and then we made the switch to a bleach and water solution that was on the list," Epstein-Solfield said.

Epstein-Solfield said they are operating underneath the Department of Agriculture's Summer Food Service program guidelines.

Within these guidelines for breakfast the district is required to serve a grain, a fruit and a milk item. For lunch they are required to serve a protein item, a grain, a milk item, fruits and vegetables.

"A typical lunch might look like a grilled cheese sandwich, milk, a pack of carrots and an

apple," Epstein-Solfield said.

Epstein-Solfield said the work environment is very busy in terms of production. When school was in session, breakfast and lunch were served separately and out of the kitchen. Now, the district is serving what are called "grab-and-go" style meals.

"The kitchen and food service staff are generally behind the scenes doing the production, cooking, packaging and putting the meals together. Then, a lot of our other school district staff helps with actually distributing the meals, and that includes bus drivers and other support staff," Epstein-Solfield said.

All the meals are prepared ahead of time and sent out to Morgan Middle School, Mt. Stuart Elementary, Damman School District, Millpond Manor neighborhood, Rotary Park and several fire stations including at Reecer Creek, Brickmill and Ferguson Roads and at North Alder Street.

Last week, [Epstein-Solfield] and her team served almost 8,000 meals and it continues to grow more every week, Kronbauer said.

"We have a web page specifically for COVID-19 called esd401.org that is set up with different tabs for things like meals, technology and everything we are doing for kids right now," Kronbauer said.

Epstein-Solfield said someone messaged her through Facebook. The individual said

they really enjoy the meals and it has taken a big burden off of this parent in particular who is working from home. She is able to walk to the bus site near her on her lunch break with her children.

"She said it's been a really nice relief to not have to worry about feeding her children everyday and she said it has been a good bonding experience," Epstein-Solfield said.

Many employees know the students from working at the schools and are happy to see and reconnect with them, Epstein-Solfield said.

"We certainly feel like we are filling a need, and in general we feel really good about that and hope to be able to continue strong until the end of the school year," Epstein-Solfield said.

"[A parent] said it's been a really nice relief to not have to worry about feeding her children everyday."

- Alexandra Epstein-Solfield,
Child Nutrition Director



Graphic by Riel Hanson

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County updates COVID-19 restrictions

Bailey Tomlinson
News Editor

Several updates to changes related to COVID-19 in the county were announced via a series of press releases by the Kittitas County Public Health Department (KCPHD).

Medical Services Available

Residents of Kittitas County can access emergency services, such as calling 911 and going to the emergency room, without worry that they may overwhelm the county's healthcare system.

"As we slowly move forward, we want to assure residents that they can access these services without fear of overwhelming our response at this time," KCPHD Health Officer Dr. Mark Larson said.

Staff and resources these services rely on to function have been secured by the Incident Management Team (IMT) and local partners, according to the press release. Additionally, Kittitas Valley Hospital (KVH) will be expanding available services.

"KVH will be reaching out to patients for expired referrals for Physical Therapy, Occupational Therapy, Speech Therapy and Home Health/Hospice," the release states. "The hospital will resume scheduling routine mammograms and dexa scans as well as our cardiopulmonary services."

Patients will be verbally evaluated for COVID-19 during the appointment scheduling process.

Cloth Masks Recommended

KCPHD recommended residents of Kittitas County wear cloth face masks any time they can't remain 6 feet apart. This includes situations like going to stores or open businesses.

The recommendation applies only to cloth masks, not medical grade masks. At this time, it is a recommendation, not an enforced mandate.

An April 13 document from the Washington State Department of Health (DOH) specifies a cloth face covering can take many forms, as long as it is fabric that covers the nose and mouth. A sewn mask secured around the head or behind the ears, a piece of fabric tied around the

head and factory-made masks or masks made from household items such as scarfs, T-shirts or towels all count as cloth masks. They can be made from a variety of household materials such as fleece, cotton, silk or linen.

"People should prepare now, for wearing cloth masks in public until enough people have received a COVID-19 vaccination to stop the spread of this disease," Larson said.

KCPHD Public Information Officer

Kasey Knutson said that an estimation of how long it may be before that level of immunity can be reached could not be made at this time. Wearing cloth masks is only one of many steps people are encouraged to take until it can be.

"Wearing cloth face coverings will not prevent spread of COVID-19 without ... other protective measures," the DOH document reads. These protective measures include social distancing and frequently washing or sanitizing hands.

People who do not have access to masks have resources available to them. The group Kittitas County Mask Makers is working to make masks available for those who may not be able to sew their own. They can be picked up free of charge at the Whole Health Pharmacy.

Preparations to Reopen

Efforts are being undertaken to help local businesses reopen soon. These efforts are largely outlining new guidelines for businesses to safely operate.

"Every business in our county should be preparing a safety plan now and be preparing for Governor Inslee to release some restrictions by May 4. Start taking action, now, with the intention of being open in the near future," said Larson. "Kittitas County will continue

to look different as these changes occur, and please remember that changes will be slow."

Safety plans should include elements such as means of continuing social distancing, offering alternate services such as takeout or delivery, limiting customer capacity and increasing cleanliness practices.

Other industries, such as construction, will also be subject to new safety plans.

"The Stay Home, Stay Safe order was changed today by Governor Jay

Inslee to allow for residential construction in the State of Washington," the press release reads. "With that change ... residential construction agencies will be required to have safety plans in place to prevent the spread of COVID-19."

The press release stated that the goal is to move from stricter interventions to less strict ones in a way that doesn't sacrifice safety. In line with this, though businesses may begin to reopen, large events still cannot take place.

"In disease outbreaks, we always start with the least restrictive interventions and we will move back in that direction, but it will take time," said Larson.

An updated version of the Kittitas County health order will be made available soon, following the changes made to the state health order by Gov. Inslee.

"We want to assure residents that they can access these services without fear of overwhelming the system at this time."

- Mark Larson,
KCPHD Public Health Officer

"Every business in our county should be preparing a safety plan now."

- Mark Larson,
KCPHD Public Health Officer

ASCWU elections approaching

Ty McPhee
Staff Reporter

The ASCWU elections for this year are going to be held in an entirely online format due to the current COVID-19 restrictions.

Applications for the election began April 16 and will be ending at 4 p.m. on May 1, giving students a day left to apply.

ASCWU Advisor Jeff Rosenberry said how exciting it is to be making progress with the elections for the upcoming ASCWU student elections at the April 15 ASCWU public meeting that was held online.

Rosenberry added that two public debates will also be held online to see how the candidates handle the debate

setting. These will take place at 6 p.m. on May 13 and May 20.

The voting process for this year has also been extended beyond the original day and will now run from May 23 through May 28, giving students extra time to vote remotely.

"We're very excited that we're moving forward in this lane to be able to support the voting and the election of the executive officers," Rosenberry said.

Director of Legislative Affairs Nancy Canales-Montiel said a meeting was held on April 24 and that there have only been two applicants so far.

Students who wish to apply can still do so until 4 p.m. on May 1.

According to Canales-Montiel, the biggest issue facing the candidates is campaigning.

"Typically you spend your money on flyers or yard signs around campus, and you get to have the one-on-one talking to students about what your ideas are, which is the most effective way of campaigning," Canales-Montiel said. "Online formats, you don't have that available to you. You can't go to the SURC

and ask people."

Canales-Montiel added that candidates are going to have to rely on social media in order to reach students.

For students who would like to apply for any of the ASCWU positions by the 4 p.m. deadline on May 1, be sure to visit the ASCWU elections page.

Want to run for student government?

The filing deadline for candidate declaration is May 1 at 4 p.m. Visit www.cwu.edu/ascwu/elections to begin the process.

Criteria required for application include:

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Community holds birthday parade



Courtesy of Georgia Mallett

Kittitas County residents came out to support Dr. Mark Larson on his birthday by decorating cars and waving signs, maintaining social distancing measures

Continued from Page 1

Coates described this event as especially important during the current pandemic, and said Larson has been working hard during these times.

"He's been working really hard with everything that's going on, and he deserves it. I think people say a lot of stuff right now about

Dr. Larson because he's in charge of a lot of different decisions right now, and that's a really hard position to be in. People forget that he's human also."

April Grant is one of the community members that put the event together and invited people to gather for it. Grant said when the idea first came up, she thought there would only be a few people in the parade, but

as soon as word spread, she knew there was going to be a large turnout.

"He's just the most deserving man right now." Grant said, "If we could just give him a little bit of love and he can feel it for a minute, that was the whole point of this, and I think everyone feels the same about him."

Rachel Case is another community member that helped spread the word about Lar-

son's birthday parade. Case described how Larson has personally affected her and why this event was important.

"He's touched so many people's lives. He's my doctor, he delivered my kids, his son is my son's best friend," Case said. "I think that's how it works in a small town, so I think everyone was really excited to step out and support him and wish him a happy birthday."



Courtesy of Georgia Mallett

April accepted as child abuse awareness month

Kiri Schwedler
Staff Reporter

On April 6, during their first online meeting, the Ellensburg City Council voted unanimously to proclaim April as Child Abuse Prevention month.

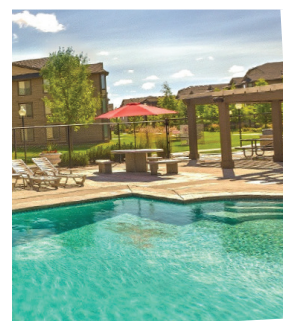
Following a request from Carol Newell Pidduck, the executive director of the Court Appointed Special Advocates (CASA) Kittitas County branch, an official proclamation labeling April as a month dedicated to "strengthening the communities in which we live" was read and approved by the city council members.

The proclamation, written by Pidduck, asked "all citizens, community agencies,

faith groups, medical facilities, elected leaders, and businesses in the City of Ellensburg to participate in efforts to support families."

A request for a Child Abuse Prevention Month banner for the city of Ellensburg was proposed during the April 6 city council meeting. However, a manager's report written by Ellensburg City Manager stated that all banner request reservations have been canceled through June 30, due to COVID-19.

The CASA banner request for April's awareness campaign included the text "CASA; Court Appointed Special Advocates for Children; Child Abuse and Neglect Are NOT OK", and included the agency's contact information.





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Screen time, isolation and the difficulties they pose during stay-at-home order

Holly Hunter
Staff Reporter

With most of the world on pause right now due to COVID-19, some people are turning to their screens to get them through. Others have had a tough time dealing with isolation. According to several sources, these difficulties may have direct effects on not only mental but physical health for people all over.

Isolation

Senior psychology major Ambree Hollenberry says self isolating has been tough for her.

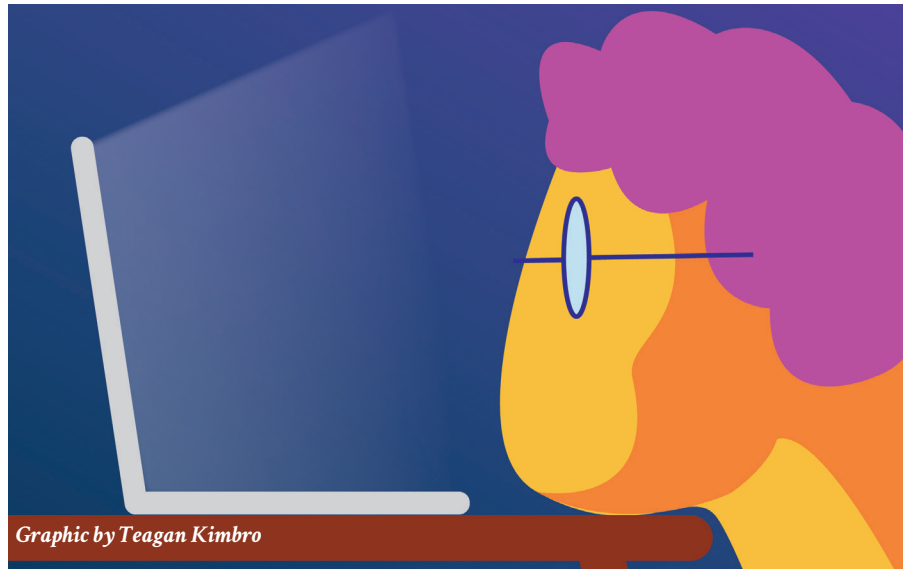
"I feel isolated and have noticed I'm not as happy as I usually am. Staying inside and not getting to see my usual support system has been especially hard," Hollenberry said. "I find myself focusing on the negative things that happen during the day more than the positive things."

According to Cigna's 2020 Loneliness Index, three in five Americans report a persistent sense of loneliness, and those numbers were reported before the coronavirus forced a big part of the world to stay at home.

According to Julianne Holt-Lunstad, a professor with a doctorate in psychology and neuroscience at Brigham Young University in Utah, too much social isolation can be harmful.

"Being connected to others socially is widely considered a fundamental human need, crucial to both well-being and survival," Holt-Lunstad said in an interview with the American Psychological Association.

According to John Vincent, a clinical psychologist at the University of Houston, de-



pression will become normal due to isolation.

"We can expect depression to kick in, and depression and anxiety are kissing cousins," Vincent said.

Senior elementary education major Mikkalah Irish finds herself struggling mentally as well.

"I feel like my mental health is a roller coaster," Irish said. "There are good and bad days, but it's rough when you don't have anywhere to go or anything to do."

Regan Behnke, a senior elementary education and early childhood education double major, says she finds herself feeling depressed during these times.

"More depressed than normal on some days, but other days I feel fine," Behnke said.

Screen Time

Irish said her screen time has increased a lot since the beginning of the stay-at-home order.

"Before the quarantine I was only using maybe three hours of screen time between classes and work. Now I'm using about eight and a half hours," Irish said.

Irish has been cleaning as a way to try and stay off her phone.

"I've been doing a lot of cleaning around the house each day," Irish said. "But there's only so much I can clean before I resort back to my phone or the TV."

In an interview with the Washington Post, Dr. Eric K. Singhi, A Houston based doctor, said an increase in screen time is normal right now.

"People [are] still wanting to remain connected despite the recommendation to maintain a physical distance," Singhi said.

According to Singhi, balance between screens and other activities is important.

"Balance increased screen time with a walk or hike, so long as you maintain the six

feet apart rule and if you aren't being quarantined," Singhi said.

Singhi also said it's important to know how the time on your phone is being spent. If you're using it for things like workout apps or meditation, that's okay.

Screen time can also be used to help increase social interactions for many people.

Lawrence Palinkas, a professor of social policy and health at the University of Southern California, said in an interview with Engadget that platforms like Zoom, Instagram Live and even phone calls can still be socially engaging.

Hollenberry has been doing game nights with her friends from CWU to boost social interactions.

"I have been having game nights every Friday with my friends from [CWU]," Hollenberry said. "We play Jackbox Games over Zoom. It really helps with the social part of quarantine especially because I didn't get to say goodbye to anyone."

Hollenberry has also seen an increase in the time she spends on her phone.

"My screen time has absolutely increased," Hollenberry said. "All class online has been a difficult adjustment especially with all of the distractions of messages, social media and other apps on my phone. When I'm trying to do homework it's easy to become a slave to the notifications of my phone," Hollenberry said.

Hollenberry has taken up painting and even started a "quarantine journal" to try and limit her screen time.

For Behnke, reading and walks have been a way to get off her phone.

"[My] activities include walking at least two miles a day," Behnke said. "And I've been reading more books for pleasure than ever before."

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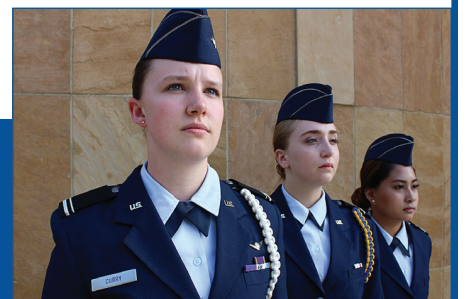
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Coping while confined: Tips from the Wellness Ce

Written by Mitchell Roland

Designed by Bekah Blum

As classes continue online, several CWU mental health professionals said students can have different reactions from the lack of social interaction that comes from staying at home.

CWU Director of Counseling Cindy Bruns said people who are typically more anxious might feel a sense of relief with increased social isolation, while those who are typically more social may be stressed out.

“The impact can be varied depending on what individuals are bringing to the situation,” Bruns said. “A bulk of people are somewhere in the middle.”

Brunns said it’s important to remain in contact with people, and she suggested a video chat pizza party or visiting a friend’s house while staying in the car as ways people can stay both social and safe.

“[Think] creatively while maintaining social distancing,” Bruns said.

However, while people need to remain social, Bruns said people also need to monitor how much time they are spending on social media. Bruns said people need to remember that people typically only post positive things online, which can make people feel like they’re the only ones struggling.

“Technology can be a double-edged sword,” Bruns said. “There’s that social comparison that can happen on social media.”

Mailelei Faletofo, a peer health coordinator at the Wellness Center, said some students may feel depressed, anxious or begin to get seasonal affective disorder when they stay inside for long periods of time. Faletofo said since people are staying home and having less social interaction, it’s easier to feel more isolated.

“People are just more prone to feeling lonely,” Faletofo said. “It’s really easy to feel kind of lonely.”

To alleviate the feeling of isolation, Faletofo said people should check in with friends and family frequently and ask people how they’re doing.

Faletofo said it can be difficult to work from home since students aren’t used to doing their schoolwork there, but there are several things students can do.

First, Faletofo recommended picking a designated space to do schoolwork. Faletofo said this is important because most people aren’t used to being productive when they lie in bed. Faletofo also recommended

picking a spot near a window and open curtains and windows to allow natural sunlight and fresh air in.

Faletofo recommended students also make a to-do list each day and a weekly planner to be productive. Faletofo said a to-do list gives people a feeling of accomplishment as they check items off, and a planner will help remind people what day of the week it is.

Faletofo also said people should create a daily routine to give people a sense of normalcy and to help them stay on track.

If students get tired of looking at the computer, Faletofo recommended breaks. Faletofo said by taking a 10 minute break every hour, she is able to ease the strain on her eyes from her computer.

Faletofo also said people shouldn’t try to do more than they’d typically do.

“A lot of people feel pressure during this time to be super productive,” Faletofo said.

Teyonne Scanlan, a peer health coordinator at the Wellness Center, said people are trying to adjust to staying at home all the time.

“Mentally, we’re trying to adapt,” Scanlan said.

Scanlan said during the quarantine people may start drinking more, and the Wellness Center has tried to stop unhealthy drinking and smoking habits among students.

“Even if you do take part in those things, there’s a good way to go about it,” Scanlan said.

Scanlan said students can do such things as setting a limit on how much they drink, avoiding mixing drinks and caffeine, eating before and during alcohol consumption or not drinking at all. By doing these, Scanlan said students can put themselves at less risk when drinking.

Scanlan said people also need to know dosage amounts if they smoke marijuana during the quarantine and keep the dangers of cannabis in mind.

Besides watching how much they drink, Scanlan recommended that people go for walks during the day, even around campus or in town.

“Going outside and walking around is extremely important right now,” Scanlan said.

Scanlan said since people are not used to being at home all day, it is important to go outside while staying at least six feet away from other people.

“Our normal routines have been compromised, so altering your day to include some type of fresh air or exercise

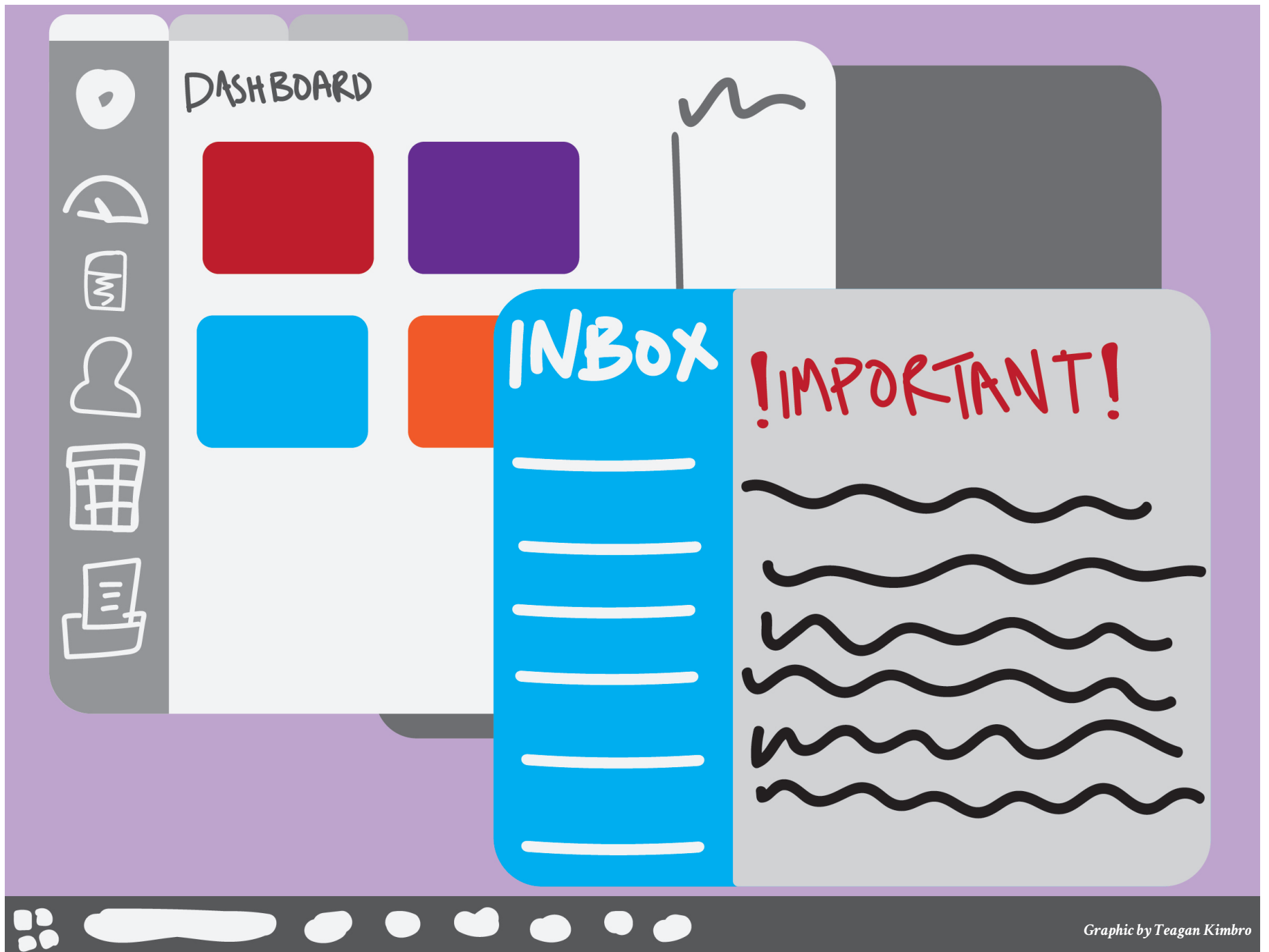
“People are just more prone to feeling lonely...It’s really easy to feel kind of lonely.”

– Mailelei Faletofo, peer health coordinator at the Wellness Center

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April 29, 2020

Students and professors adapt to online courses



Graphic by Teagan Kimbro

Rey Green
Staff Reporter

Students are in week two of online classes, but so are professors. This quarter, Zoom classes are active. According to interviewed professors, they have changed how they approach certain classes that were not supposed to be online. Some students have never taken online classes.

Associate Art and Design Professor David Bieloh teaches graphic design and said he can tell some students feel overwhelmed, but some have adapted pretty well. Bieloh said most students are unsure of what to expect.

"It has affected how we teach our classes and how we interact with our students. We have to be extremely accommodating and very transparent with what we're doing. We have to be really prepared to make changes daily with our classes and our content," Bieloh said.

Bieloh has been understanding with certain situations that have come up and acknowledged it's been a challenge. He said online classes do have a positive aspect to them because students who are normally quiet feel the freedom to open up and be engaged online. Bieloh said a number of his students have mentioned how thankful they are that the coursework is organized and well prepared.

"People are just nervous. They are just trying to get used to the new environment," Bieloh said.

“**I got into this because I love to teach. What I feel that I'm really missing is the interactions with my students.**

- Ryan Cahalan
Assistant Professor of
Accounting

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Erykah Weems, a senior and intern at National Crittenton, gave insight on what her online school experience has been like. Weems said since she's had online classes in the past, she enjoys having the accessibility to PowerPoints and instructors' lecture videos. Weems said her only dislikes are the times her classes meet.

Weems said when she first heard about Zoom and how it was struggling with security, she was nervous.

"Some professors have been responsive. If some professors are older they are harder to reach because they are not always on their computer. Younger professors who have their emails on their phone typically respond much faster," Weems said.

Weems said it's hard to stay motivated during these times because there's no reminder that you are actually in school while you are in the comfort of your own home. She said it feels like she's on a home vacation most days. Weems said her internship keeps her close to her computer, and it keeps her in a routine to finish what she needs to accomplish.

"A tactic I use to keep me on track is the calendar on my phone. I use it a lot to set reminders. I have all of my major assignments' due dates written down, so that gives me a week heads up when something is due. I also make a daily to-do list," Weems said.

Assistant Professor of Accounting Ryan Cahalan said he's been fortunate enough to have taught online classes before. He said he is thankful he already had material for online classes that are designed to be online.

"I got into this because I love to teach. What I feel that I'm really missing is the interactions with my students. Seeing them on a semi daily basis and being able to joke and laugh with them and seeing their faces to make sure they get the material," Cahalan said.

Cahalan teaches both an undergraduate class and a graduate class.

"My graduate level class was more responsive than my undergraduate class. Every Monday and Wednesday I hold a two hour long Zoom session, where I can answer questions from students directly from my smart computer. Right now, I'm not getting very high attendance in my undergraduate class," Cahalan said.

“**People are just nervous. They are just trying to get used to the new environment.**

- David Bieloh
Associate Art and Design
Professor

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Abigail Duchow
Columnist

I've been putting major work into Animal Crossing: New Horizons (ACNH). More work than school? Maybe...but that's not the point. This game has been super entertaining while being locked away in my dorm, and I'd definitely recommend it to anyone who wants to play something that makes them feel laid back and peaceful, especially in a time as stressful as now.

This game isn't super complicated and neither are the controls. Controlling the character and doing different actions is pretty easy and straightforward. The premise of the game is pretty simple: make a cute island and invite cute (sometimes not so cute, not going to lie) villagers to live on it. The background music is super relaxing, and it all just

gives off good vibes.

My starting villagers were Hamlet and Muffy, which aren't my favorites but are decent. I didn't like that every island's starting villagers included a jock type and uchi (sisterly) type. I honestly would have liked it better if it was just completely random. But, it's definitely not a huge game flaw, and I've warmed up to Muffy. The jock characters on the other hand...not so much. Their "do you even lift, bro?" type energy is not appreciated on my end.

Crafting is a part of ACNH that I actually really like. In my opinion it's a great way to save bells (the in-game currency) and it makes the game feel more interactive. Plus, if you don't want to craft new tools all the time, they can also be bought with bells, so there are options for getting tools besides crafting. I enjoy all of the fur-

niture crafting options too, especially with all the customization options.

Another thing I enjoy about this game is how many customizing options there are. I really enjoy being able to customize different aspects of a game. It makes it feel more personal. In this game different things like clothes and furniture are customizable, and you can even put custom designs on your character's face. I've seen people use the custom face designs to add things like makeup and face tattoos to their character, but I just used it to add freckles.

Maybe one of my favorite parts of ACNH is the ability to move buildings after they are built. Sure, it costs some money, but it's a small price to pay for an appealing layout. I've already moved buildings around a few times after realizing I put them in the worst

possible place.

Along the lines of having control over building locations, I also enjoy being able to terraform and add inclines. I've poured a few hours into making paths, shaping cliffs and making new little bodies of water. Again, I'm a sucker for any type of customization in video games, so this aspect of the game is something I immediately fell in love with.

Overall, this game is just really relaxing, immersing and always puts me in a good mood. I would 100% recommend this game to anyone who likes simulation games and being creative. It's a great outlet for creativity and a fun way to pass the time, especially right now. ACNH is available for the Nintendo Switch, and can be purchased from many different locations!

Hunting and fishing is the definition of social distancing

Jayce Kadoun
Columnist

A solo trek into the woods or a day out on the water by yourself has the power to keep your body healthy and your mind clear during the uncertain times brought on by COVID-19. You might even consider hunting and fishing as some of the best forms of social distancing.

The Department of Fish and Wildlife (WDFW) shut down hunting and fishing seasons across the state until at least May 4. These closures coincide with Gov. Jay Inslee's stay-at-home order.

The WDFW began with prohibitions on razor clam digging, camping on state lands, access to parks and wildlife areas and eventually closed statewide recreational

fishing on March 25 followed by youth turkey and bear seasons on March 30.

Two days before the reopen date came on April 8, the department announced that the closure would extend until May.

The government saw hunting and fishing as a threat to the health of sportsmen and women. However, they failed to consider the fact that many Washington residents seek refuge and solidarity in both pastimes.

I have been an outdoorsman for as long as I can remember. Hunting and fishing have always been a big part of my life, and the ability to take part in those outdoor activities has kept me going in dark times when I needed them most. This is a dark time, and I imagine these

closures are hitting others as hard as they are hitting me.

The solution to the problem is clear. Instead of maintaining closures until May, the state should create regulations on hunting and fishing which take the potential dangers of COVID-19 into account.

The rule changes should focus on the way people interact with each other while they take part in outdoor sports. Although hunting and fishing are primarily solo activities for most, the necessary precautions should be taken to ensure human contact is limited while coronavirus is still a threat.

Instead of issuing tickets and fines to those who would typically be hunting and fishing lawfully under any other

circumstances, WDFW officers should focus their attention on ensuring the number of people in hunting parties is limited and fishing boats on public waters hold no more than one or two people at a time.

Officers could also look into whether a group of sportsmen or women come from the same household. If they have been quarantined together, there should be no problems with them being together outdoors.

Hunters and anglers should do what they can to change the minds of those who initiated these closures and have the power to extend them. Outdoorsmen and women will get outside any way they can, so why not show them safe ways of doing so?

The show must go on!



Graphic by Riel Hanson

Samantha Cabeza
Staff Reporter

Theater students and staff have adjusted well from in-person, hands-on learning and teaching to performing everything behind a screen.

As spring quarter goes on, students who are in the theater program have continued to learn performance tactics, costuming and vocal lessons all from the comfort of their own home.

The theater program had to put productions on hold for the foreseeable future. Faculty, staff and students are prepared for if they have to limit the number of audience members at productions if school returns for the fall quarter.

According to the program's department chair and head of design, Christina Barri-

gan, at the end of winter quarter, the professors and faculty were told to prepare for spring quarter online, even if it was just for the first four weeks.

A theater program faculty meeting was held to speak about how professors should prepare for the sudden change. Two hours later, President Gaudino announced via email that the whole quarter would strictly be taught online.

"We were given two weeks to prepare and staff went home and took a big deep audible 'what?' about this whole situation," said Barrigan. "The faculty meeting was a discussion about what the learning outcomes of the classes were going to be and what staff needed to succeed at teaching."

The staff posed questions such as how they could teach the class online, what supplies they might need to teach

the class, or if they couldn't teach it, how they could come up with new ideas.

According to Barrigan, most of the theater professors had components of their classes already on Canvas, yet never taught the whole class online. She said certain professors had to throw out their syllabus and start again because their classes were never meant to be taught online.

"A lot of our students have voted to have meetings in real time online," Barrigan said. "The students... are taking the time out to discuss what they learned in class time and organize play readings for certain classes. This offers them an excellent element of connection."

Patrick Dizney, a performance professor and an associate chair, also touched on the subject regarding teaching performance online.

"We have been very reticent to go online, because what we are about is an interpersonal connection," Dizney said.

Dizney added that he thinks the program is making interesting discoveries about being online for the better.

"Some of my classes are operating pretty similarly than how they were in person," said musical theater major Alisa Muench. "I am still meeting with my professors individually when it comes to singing lessons and playing tests."

Muench said she feels there is more time to prepare and study for when she meets with her professors over Zoom privately.

"I think that the theater department was incredibly prepared going into this quarter and was encouraging all of the professors to prepare, and I commend them for being so prepared for this," Muench said.

A composed victory

Joseph Stanger
Staff Reporter

Earlier this year, Aaron Rausch received a phone call from TVW, Washington state's public affairs network, informing him he had won their composition competition.

The 21-year-old percussion performance major's composition would be played live at TVW's 25th Anniversary Celebration as the new jingle for the network's 2020 programming.

In addition to having his composition featured on TVW, Rausch received a \$500 music scholarship and was invited to the TVW 25th Anniversary Celebration Gala on Feb. 13 in Olympia, Washington.

Unfortunately, due to a commitment to a concert performance, Rausch wasn't able to make it to the Gala.

"We loved it," said TVW President Renee Radcliff Sinclair when asked about the winning composition. "It was chosen because it most closely conveyed what we were hoping to convey through auditory means about TVW."

TVW's composition competition asked for two small clips of music. The first was a jingle, and the second was a more fleshed out 30-second version of the jingle.

Rausch originally found out about the competition through advertisements posted throughout some of the buildings on CWU's campus. Radcliff Sinclair said that

a big reason for the partnership between CWU and TVW was because of music professor Bret Smith, who sat down with TVW last summer and helped come up with the idea for the competition.

"It was really cool to hear that my work was selected," Rausch said. "One of the adjudicators said there was a lot of competition, and to get mine selected out of all of that was really gratifying, especially because this was my first time doing any serious composing."

Director of Percussion Studies Mark Goodenberger has fond memories of his lessons with Rausch.

"A lot of our lessons are conversational, where he's got a concept he's working on and we kind of talk through it," Goodenberger said. "He's a lot more than just a percussionist, and so it's been fun to help him develop that and just have those conversations with him. I enjoy him a lot."

Goodenberger even remembers Rausch's first audition to get into the music program in winter 2017.

"He did a great job," Goodenberger said. "I could see a lot of potential, so I accepted him into the studio."

Rausch originally became interested in music at a very young age, taking a percussion and drumming class in elementary school. Eventually, his parents enrolled him in piano lessons as well. Currently, his focus is on percussion, piano and composition.



Photo courtesy of Aaron Rausch

Music major Aaron Rausch is shown playing the drums. However, he said his favorite genre of music is jazz.

"Obviously, I practice a lot," Rausch said. "I play a lot of music. I study a lot of music. I just love to geek out over those sorts of things."

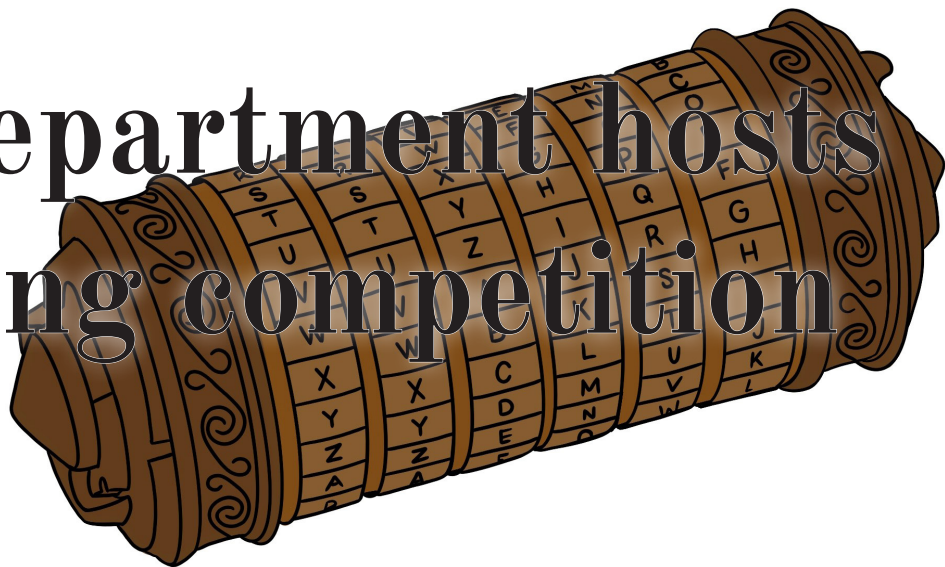
His favorite musical genres include funk and jazz. Rausch also participates in a few jazz ensembles in the Ellensburg area.

"I've played drums in the past but I'm more of a jazz pianist in these groups,"

Rausch said. In the future, Rausch hopes to use his talents to teach private lessons.

"I want to own a small teaching studio. I'm unsure if it will be a drumming studio or a piano studio for piano beginners. One of those two is my goal," Rausch said. "Teaching is one of my bigger passions, performing as well, but teaching is where I want to do the most inspiring of others."

Mathematics department hosts Kryptos decoding competition



Graphics by Riel Hanson

Gabriel Lizama
Staff Reporter

This year's 10th annual Kryptos competition recognizes four students, Michael Klapper, Tyler Bunnell, Kyle Brown and Dustin Hayes, for their code making and breaking abilities.

Of the 116 participants, Klapper achieved the master codebreaker recognition for solving all three solutions. Bunnell, Brown and Hayes achieved recognition for being proficient code breakers for solving two solutions.

The Mathematics department hosted the 10th annual Kryptos competition from April 16-20. The competition is designed for any undergraduate across the globe.

CWU Mathematics Professor Stewart Boersma and Western Oregon University Professor Cheryl Beaver designed the Kryptos competition to challenge undergraduates to test their abilities in breaking ciphers, encrypting messages and transforming unintelligible text to simple plain text.

Bunnell, a junior computer science major, participated in the Kryptos competition with two friends and placed in the top finishers.

Bunnell was inspired to do the com-

petition because he is passionate about puzzle solving. Bunnell said over four days, his team spent over 30 hours trying to solve all three solutions.

Bunnell's routine over the four days consisted of early mornings involving self study and research. In the afternoon, the team collaborated from 4-11 p.m. on the Discord app to exchange ideas.

Bunnell's favorite part of the competition is finding parts of the answer and getting closer to the solution.

"The satisfaction when you find something, the full answer or another step closer to the answer, that was the greatest feeling," Bunnell said.

Bunnell's least favorite part of the competition was the discipline of sitting down and looking at the same solution multiple times.

Bunnell said there were times when it felt like he was going crazy. Bunnell said it feels good to be placed competing against teams globally, and that

the Kryptos competition puts students' puzzle solving skills to the test.

Wayne Miles, a junior computer science major, participated in this year's competition. Miles decided to join the competition after hearing about it from a professor on campus.

What inspired Miles to compete in this year's competition was the opportunity to do something new. Miles said he did not know what to expect from competing but wanted to expose himself to something new, as a cybersecurity minor.

Miles' favorite part of the competition was putting his skills to the test.

Miles said when he couldn't figure out the solutions, he spent more time researching and learning about different types of encryptions.

Miles looks forward to competing in next year's competition. He recom-

mends Kryptos to people who like to solve things in multiple ways. Miles plans on becoming a cybersecurity officer in the Army Reserves and a future content creator after college.

"I would like to have the ability to create my own cybersecurity business and something in that field," Miles said.

Kryptos was founded by Boersma and Beaver 10 years ago.

Boersma saw this as a prime opportunity to expand competitions in the Northwest after attending meetings involving cryptology.

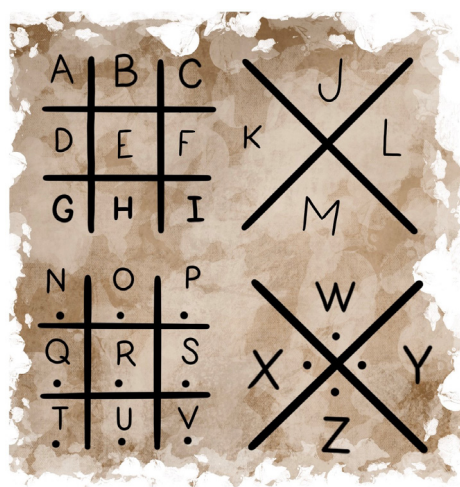
Beaver was the only volunteer to help create the Kryptos competition.

Boersma enjoys providing students the challenge because it is fun and available to students around the nation.

Boersma said the competition is an opportunity for students to distract themselves from the outside world, and it's not only a mathematics competition, but also involves problem solving.

"The nice thing about the Kryptos competition is that it is all online and lots of students sign up countrywide and outside the country," Boersma said.

Boersma said the first couple of teams finished before midnight on the first day. The prize for top finishers included a Kryptos coffee mug and books on coding.



Music students deal with loss of practice rooms

Continued from Page 1

Wanger said although the loss of a practice room has been difficult due to the change of sound, she feels it helps her be even more productive because she doesn't have an excuse as to why she can't practice.

"I've always been surrounded by music," Wanger said. "I did band in middle school and all through high school. High school is when I really started taking it seriously. I just really fell in love with playing the trumpet and being surrounded by people who also enjoy making music."

There are a lot of reasons Wanger chose the music education major, but she said she wants to share the feeling she gets when she's surrounded by music with her students.

Andrea Hernandez, a freshman music education major, went back home for spring break and has been there since.

She said unfortunately, her textbook

and other learning materials are stuck in her dorm. She had to get her sheet music mailed to her by her professor.

Since she wasn't able to retrieve her books, she has been having people send her pictures of the reading.

"Finding a place to practice is difficult...I have to find ways to organize my schedule around what's going on [at home]... when people are home, when my sister has school herself or when I'm alone and have the time to practice," Hernandez said. "I know a lot of other music students are having the same problem because they have bigger families."

Not having a designated practice space has gotten in the way of her practicing her violin, which is Hernandez's primary instrument.

She has been playing it for nine years since she first picked it out in the fifth grade.

"When my teacher first played [the violin]... it called me," Hernandez said. "After playing it for a while, I knew that I wanted to play it for a long time, keep practicing and getting better at it."



Photo courtesy of Hailey Wagner

Music majors practice playing their instruments in their Zoom class.

QUARANTINE WORD SEARCH

Because what else do you have to do?

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STAY AT HOME

QUARANTINE

ONLINE

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BINGE WATCH

FACE MASK

DIY

SLEEPING

ISOLATION

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HANDWASH

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TOILET PAPER

BREAD

ZOOM

