

Going There Episode 4: Masks and Mayhem

Recorded March, 2020

Released April, 2020

A Lake Superior College podcast exploring campus mindfulness, equity, and community hosted with Tara McCoy, Steve Dalager, and Dan Riihiluoma.

In this special Covid-19 episode, LSC students Jarves Hunt and Paisley Forsell discuss how they are coping with the campus closure and shelter-in-place orders. This is the first in a special Covid-19 series.

Jarves Hunt - Basically where I'm at now, it's just so bad. Just last night a tragedy struck.

Paisley Forsell - My step dad's car actually got broken into the other day.

Tara McCoy - I'm lookin' for you saying that you miss my class.

Jarves - Uh, uh .

Paisley - Or like a doomsday does happen here. It's just like, I realized that you're the one I want to spend it with.

Tara - I'm Tara McCoy, and I'm living into the COVID-19 shelter-in-place order by watching a lot of nature shows and reading.

Steve Dalager - I'm Steve Dalager, and though perhaps I've Zoomed one to many times, I'm living into this way of communicating one Zoom at a time.

Dan Riihiluoma - I'm Dan Riihiluoma, and I'm honestly considering shaving my head.

Tara - And though we and the students we're talking to can't meet at Starbucks, we are still Going There.

Steve Dalager - Going There. That was supposed to be three-part harmony guys. Oh well. Apologies to Joe Busek, who we interviewed before the quarantine was a thing. We'll get back to you Joe in episode six or seven.

Dan Riihiluoma - Instead, we've been checking in with students to see how they're riding out the pandemic.

Tara - We're gonna learn about a rare autoimmune disorder.

Steve Dalager - We're gonna hear why people break into cars these days.

Dan Riihiluoma - We're going to discuss senseless tragedy.

Steve Dalager - But we're also gonna be heartened at how resilient and courageous the LSC student community is.

Tara - Yes we are. So let's get to our students. We're gonna hear first from Jarvis Hunt, who happens to be one of my students.

Dan Riihiluoma - He's pretty far away from the Northland right now.

Tara - And we'll also hear from another one of my students, Paisley Forcell.

Dan Riihiluoma - Who is just down the road.

Steve Dalager - We'll let them introduce themselves more fully. Listen in.

Jarvis Hunt - Hello, my name is Jarvis Hunt, and right now, I'm in Florida. I would describe myself as a outgoing guy but also a laid back guy. I would say I'm a asocial type person, and I'm a extrovert trapped in an introvert's body.

Tara- Wow.

Paisley Forcell - I'm Paisley Forcell, and I can totally agree with that introvert statement . I am currently at home in West Duluth. And a way to describe me

best would be I'm pretty shy, but at the same time, I'm really outgoing. I guess, and I'm an active person, but my activities are limited, 'cause I have AVN, which is avascular necrosis in both of my knees .

Steve Dalager - Oh, sorry to hear it. All right, well thank you.

Tara- What was your reaction when you first initially found out that Lake Superior College was extending their spring break?

Jarvis Hunt - Admittedly, I thought it was a good thing, but I also thought that a bunch of other things would come into play. But initially hearing about it, it really made me happy, 'cause I could be home longer. I didn't know that following up with it that I was gonna be in quarantine, forced to stay in my home. So when I first found out about it, I would say I was fairly happy.

Tara- But it sounds like that's changed a bit?

Jarvis Hunt- Yes, it's a changed a bunch. My approach to it now is very different, because it's different when you choose to stay in a house and when someone forces you to stay in the house, especially when they've given us not a lot of information about what's going on, so my view of what's going on with that has definitely changed.

Tara- So Paisley, same question to you. What was your reaction when you first found out?

Paisley Forcell - I was pretty surprised once I saw that all the schools were being closed, and multiple stores and stuff. 'Cause I wasn't really ever expecting anything like that, but I was really happy. Definitely the right move to make for this. But at the same time, it's unfortunate for me, because the online, I'm probably gonna struggle with that, 'cause I don't know,

Jarvis Hunt- Definitely.

Paisley Forcell - teaching myself algebra .

Dan Riihiluoma - Yeah. Online schooling is gonna be a major adjustment for a lot of people and not an easy one.

Steve Dalager - Do your math teacher going to do any kind of Zoom stuff like this where you can actually speak with him or her?

Paisley Forcell - I'm not sure if he's doing any of these audio videos, but he is gonna be at the schools, if I remember correctly, he mentioned if you're struggling, like I will be here, like these days during these hours. I just have to like let him know that I'm coming or something. I believe he mentioned phone calls too, but I don't remember anything about Zoom. He does everything from the book. He's not really a teacher that does online stuff, so I'm assuming he's not doing the Zoom but possibly.

Steve Dalager - I have to be the bearer of bad news here. Maybe you haven't heard, but as of last night, any kind of face-to-face teaching activity has been canceled.

Paisley Forcell - That's a smart move too. I did not know that either .

Steve Dalager - That's the latest news. That is just hot off the presses.

Paisley Forcell - I can't be upset with that.

Steve Dalager - Okay.

Jarvis Hunt - I like the decision, but for me, it's tough, because my parents are very scared once they found out about the outbreak. Well once everyone starts caring about the outbreak there, parents got really scared, and they wanted me to come home. So doing school online from Florida, when I really don't have access to the online materials isn't that easy as it would seem. But I've gotten in touch with most of my teachers. They all seem to be lenient, and they're being very

compatible right now as I could say. And they're going to--

Dan Riihiluoma - Yeah, this is not, this is not a normal situation.

Jarvis Hunt - They're being very, very helpful.

Steve Dalager - Jarvis, how as your daily routine changed since quarantine started?

Jarvis Hunt - My daily routine has changed drastically by, I changed, because once I wake up, I normally would go outside, walk my dog, and then I would come back in to shower and start my day, but now, I see myself sleeping in more, because we can't really go outside, so a lot of my time outside is very limited. I'm a very outdoor type guy. I like to work out, I like to, you know, be around nature or at the basketball court doing something like that rather than just being inside, stuck in the house. So my daily routine has changed, because I'm basically in the house all day, everyday. It's not very enjoyable for me.

Steve Dalager - Okay, thank you. It doesn't sound like it.

Tara - So did you have basketball practice daily?

Jarvis Hunt - No, the basketball season was already done. So yes,

Tara- Oh.

Jarvis Hunt - the virus didn't really effect basketball season. It really just effected my recruiting and my school visits, because most of my visits, recruitment, has been on pause because of the virus. So that's really been a tough thing for me too.

Tara - So when you say recruitment, you're talking about getting onto a team at a four-year institution?

Jarvis Hunt - Yes ma'am.

Tara - Very cool. Sorry, Paisley, how's your daily routine changed in the past few weeks?

Paisley Forcell - Yeah, mine's changed pretty drastically too. I would usually wake up pretty early, around like seven o'clock I'd say and go to the gym, and honestly, I can't do that, so I'm just trying to make do what I can at home. I don't know if we've mentioned this before the video or not, but I do have an autoimmune disorder, and I have, I don't know even have an immune system. I can't even say a weak one, I don't have one. My activities with friends are also really limited, because I've been social distancing, but I haven't hung out with anybody actually, but if I do, I have to make sure that they are also social distancing, because I can't risk hanging out with one friend, thinking oh, it's just one friend, not a big deal, but what if that person was going out to house parties or? I'm being a little paranoid about that, but I think of it as better safe than sorry. We've deep-cleaned the entire upstairs of my house. We've cleaned the kitchen, we've put, a lot of stuff we've been putting off has been done, and now we're back to being bored .

Steve Dalager - Paisley, can you tell us a little bit about your autoimmune disorder? That's really scary.

Paisley Forcell - Yeah, it's actually pretty rare. It is called neuromyelitis optica spectrum disorder, or short is NMO. Basically, it's just like a relapsing condition, very, very similar to MS. They actually discovered NMO maybe 20 years ago, and prior to that, they thought patients had MS instead of NMO. Tara, I mentioned to you in class that every year, there is a convention for it in California, so there's a panel of people that come from all over the world, and we talk about it and try to find a cure, and it's really interesting. But with all this COVID stuff going on, that got pushed to November I believe. But I guess we'll see how things go on it.

Steve Dalager - You said we. Who are you living with? Who's in your living space?

Paisley Forcell - Oh, I live with my boyfriend and his dad, and they are also at-risk, because my boyfriend has really bad asthma, and then his dad has COPD, and he's also 65 years old.

Steve Dalager - So the three of you are kind of in a similar boat, and you need

Paisley Forcell - Yeah.

Steve Dalager - to hunker down there, barricade the door.

Tara - So Jarvis, you've already expressed that social distancing is not your favorite. But I want to know what has been the most difficult part of social distancing?

Jarvis Hunt - Honestly, the most difficult part is being inside, because even outside, I would say I'm not with people. I would just be by myself outside, you know, like working out or doing something like that. For the most part, I don't really associate with a lot of people, so social distancing isn't really tough for me, it's just social distancing inside the house is what's tough, because being inside, just staring at walls. It feels like I'm trapped.

Paisley Forcell - I'd say, yeah, the hardest part would just be having to just limit myself, like, oh, I need one thing from the grocery store, but I had to go there yesterday, so, it just kind of sucks having to limit what I do, and yeah, I really hate not going to the gym in the morning. If I do go out, we have a bunch of rubber gloves and face masks and bunch of sanitizers, hand sanitizers, and like Lysol spray, and we're being a little strict on that whole aspect. But I think the hardest part would be just like not being able to go hang out with friends, 'cause not everybody takes this seriously, you know? So when you're like oh no, like, I'm social distancing, they're like oh well, that's kind of dumb. Like yeah it's dumb, but the whole country's doing it, so.

Steve Dalager - Yeah, I think people are figuring it out. But it is slowly, I've had conversations with people just when I'm out for a walk, and I keep having to back away from them, because they keep trying to come into my space, I'm like,

Paisley Forcell - Yeah.

Steve Dalager - figure it out!

Paisley Forcell - It's not that hard.

Tara - Yeah, yeah.

Dan Riihiluoma - Yeah, the other day, the other day I took my dog for a walk, and then, I figured there would be nobody out. There were a lot of people out, and my dog kept chasing people, and I kind of had to chase my dog and trying to, ugh, so there was a lot more contact with people than I wanted there to be.

Paisley Forcell - Yeah, I'm actually surprised on like how many people are still going out and about, even though we're supposed to be quarantined.

Jarvis Hunt - Yeah.

Tara - Yeah, that's interesting. I want to hear from both of you about that, like, 'cause in my social circles, everybody is social distancing. I don't know anybody personally whose like hanging out with anybody. So I would love to hear, you know, Jarvis, you were about to say, do you still have friends that are going out, hanging out?

Jarvis Hunt - Yes, basically, where I'm at now, Broward County, Florida, is like, they don't really care. Like everyone doesn't really listen to the news, and it's just so bad. I mean, I love where I'm from, but I just don't think we handle something seriously how we're supposed to, because just last night, a tragedy struck, and my friend got shot and killed, and it's because everyone's late-night driving and drinking and just doing a whole bunch of things. And we also have a curfew, but no one's following the curfew. So it's pretty demoralizing to

see that my peers and others aren't listening to what's going on, to be carrying on the way they are carrying on.

Steve Dalager - Wow, that is brutal.

Dan Riihiluoma - First of all, condolences on your friend.

Paisley Forcell - Yeah, that's super sad.

Jarvis Hunt- Thank you.

Tara - I'm like speechless. I don't know what to say to that. That's so, I mean, that's just a tragedy on top of another, you know tragedy.

Steve Dalager- Right.

Jarvis Hunt - Yes, because if everyone was following curfew and social distancing, then maybe it wouldn't, things would have never happened. So we never know. I just want people to take in knowledge and really assess situations. Something like this, if the government's saying social distancing, I believe like we all should follow it, the curfews, we all should follow those. And I just feel like that. You know, people should dig deeper into more of what's going on rather than just listening to what the government says. Also, if they don't believe them, they can just read up on it or research their self.

Tara - Absolutely.

Steve Dalager - Yeah, that is very sobering news Jarvis. I'm sorry for you and for all of your friends to lose someone like that. It's just senseless.

Steve Dalager - Let's move on to maybe something more uplifting. What are some things that you're doing to cope? Jarvis?

Jarvis Hunt - Quarantine and stay in touch with your loved ones. Don't really panic about it. Just educate yourself and follow the rules, and you shouldn't need to worry to like a certain extent. I

have done some research on the virus, and some studies says it's, like the virus is spreading very rapidly, which we all know, and it's not a matter of if you will get the virus, it's when will you get the virus or when will the virus hit around where you're at. So it's like really just educate yourself and do some reading and searching up on things and follow the guidelines to social distancing and washing your hands and basically following protocol to stay clean.

Steve Dalager- So Jarvis, are you doing anything though like activities, like are you playing games, are you playing Fortnite? Are you, what are you doing besides obsessing about the news, what are you doing?

Jarvis Hunt - Okay, besides obsessing about the news, I really sleep, honestly, I sleep a lot, because in college, I didn't really get a lot of sleep trying to work and play basketball and then study and then do homework and still make good grades. It was a lot, so sleep wasn't really on the menu a lot. So now that we do have these online classes, I can really sleep in, because I have time to do it now, especially with social distancing.

Steve Dalager - So did we wake you up to do this interview?

Jarvis Hunt - No, I was already up. I wake up early a lot now, because of school. It programmed my body to wake up early, so now I'm up around 8:00 a.m., almost everyday.

Steve Dalager - But there's a nap coming on, right?

Jarvis Hunt- Oh definitely, for sure.

Steve Dalager - All right, well thanks Jarvis. Paisley, what about you? You doing any activities that you typically didn't do to cope?

Paisley Forcell - Yeah, like I said, we deep-cleaned like the entire upstairs of our house. I've organized my closet, my boyfriend's closet. His dad is actually moving. Well actually, who knows if he will be

moving now, but he was supposed to move to Arizona at the end of April. So I have like a bunch of new dishes, just a bunch of stuff for us when he leaves. And so I put all that stuff out. I've been bringing my dog to a park, so I'll go fetch her and stuff. My boyfriend and I actually got engaged about a week ago.

Steve Dalager - Congratulations!

Paisley Forcell - Thank you. I'm like making a slideshow and being super extra on the planning . But it's fun, you know, it's something positive right now, so.

Steve Dalager - Do you have a date?

Paisley Forcell - Yes, Saturday, September 4th of next year.

Tara - Congratulations!

Paisley Forcell - Thank you.

Steve Dalager - Safe date.

Jarvis Hunt - Congratulations.

Paisley Forcell - Yeah.

Dan Riihiluoma - Let's hope the quarantine is over by then.

Paisley Forcell - Yeah right, oh god.

Jarvis Hunt - Definitely.

Tara - So I know we've been talking about some of the pitfalls of social distancing, but have there been any unexpected positive outcomes of social distancing for either of you?

Jarvis Hunt - Yes, there has been. I could say I'm more, I'm well rested, I can say that. And I have more time to actually study, because now that I'm, now that school's starting back up, and we're all quarantining, you have really nothing else to do

but study or sleep, watch T.V., so it gives me more time to better myself in my schoolwork, so I can say that's a very good benefit.

Tara - Do you miss classes?

Jarvis Hunt - I mean, I miss classes, but it's just to a certain extent. I mean, if school could start at 12:00 p.m. and be finished by 3:30, then I would love it, but you have to wake up early, and unfortunately, I'm not even an early bird. I don't like to wake up early, but I have to.

Tara - Well good thing mind matters falls right in that time period, so.

Jarvis Hunt - It was great.

Tara - Yes. I'm looking for you saying that you miss my class.

Jarvis Hunt - Uh, uh .

Tara - It's fine, fine, fine.

Steve Dalager- This is definitely making the cut Tara. Paisley, any positive outcomes for you, unexpected ones?

Paisley Forcell - I can't, honestly, I can't really think of any. I mean obviously that engagement was a surprise. Like he just kind of mentioned like, this whole quarantine, COVID stuff, he realized like if anything like this, or like a doomsday or type dealio does happen, he was just like, I realized that you're the one I want to spend it with, and blah blah blah.

Dan Riihiluoma - Aw.

Paisley Forcell - So that was a surprise, but--

Steve Dalager - That sounds very romantic Paisley.

Jarvis Hunt- Very.

Dan Riihiluoma - He said he wanted to spend the end of the world with her. That's really heroic.

Paisley Forcell- Oh yeah. There's a show on Netflix called Doomsday Preppers,

Dan Riihiluoma - Oh boy.

Paisley Forcell - and I'm watching that a lot. now I'm prepared for martial law.

Steve Dalager - Let's hope we don't go there.

Paisley Forcell - Yeah, I know, gosh, that would be terrible. I'm actually more afraid of how society's gonna react to all this then of the actual disease, because my stepdad's car actually got broken into the other day, and they only stole his hand sanitizer.

Jarvis Hunt - Wow. Wow.

Paisley Forcell - Yeah. So that's happened already, yeah.

Tara - Well uh oh, I got toilet paper in my car, so I better watch out.

Paisley Forcell - Yeah, seriously.

Jarvis Hunt - You better watch out, you better get that toilet paper.

Steve Dalager - We have a little free library in our yard. You familiar with those? A little house I put out. It's got books in it.

Tara - Oh yeah!

Steve Dalager - Yeah, anyway, a few days ago, my wife put out two boxes of mac and cheese and a roll of toilet paper. And in 24 hours, they were gone.

Paisley Forcell - Yup.

Steve Dalager - Let's talk about moving forward. Classes are gonna be online. So how do you feel about finishing the semester online? A whole new

format for, like maybe for both of you. I don't know, Jarvis?

Jarvis Hunt - I don't like the thought of the online for the rest of the year, but I feel as if it's something necessary in order to, you know, stop this pandemic that's happening or to at least get some tabs on it. I don't like online, because of the fact that in class, it actually, you can learn more, and you learn better. And it's very more interactive. And I like that type of learning style. I was actually doing great in all of my classes. And once this happened, it's like, I just, I don't know where I stand for my classes. At least I know I have an A in Ms. Tara, but for the rest of our classes, I don't really know where I stand, and I'm trying to get a grasp of that. Because I was actually doing great in all of my classes. So once I get that underhand and try to get the online format, then I can see if I can grow into liking it, but for now, it's total thumbs down for me.

Dan Riihiluoma - Hey Jarvis, are you in my maps class?

Jarvis Hunt- Yes, yes .

Dan Riihiluoma - That's not gonna be fun.

Jarvis Hunt - I wonder how I'm gonna do that.

Paisley Forcell - What's a maps class?

Dan Riihiluoma - Introduction to maps. The final, like, project is we have to like make a map and then submit it

Paisley Forcell - Oh.

Dan Riihiluoma - or something, so it's not gonna be good .

Jarvis Hunt - Yes.

Paisley Forcell - Yeah.

Jarvis Hunt - Not gonna be easy.

Steve Dalager - You know, put your paper and a sharpie, take a picture of it, there you go.

Paisley Forcell - There you go.

Steve Dalager - Jarvis, one question. How are you set technology-wise to handle this? Do you have good WiFi? Do you have access to a laptop?

Jarvis Hunt - I had access to laptops, I mean a laptop and a desktop, but both of them actually broke, so when I got back home, I didn't see them anywhere. I asked my parents what happened to the desktop and the laptop, and they told me that they were broke, so now that classes are online, it's like I have to work from my phone.

Dan Riihiluoma - Oh god.

Jarvis Hunt - And yes, my stepmom, she's working from home, but I can't use her computers, because it's for her work, so actually doing work online will be tough for me, but I mean, I have to figure out some type of way. It's gonna be tough, but it's gonna be something to look forward to I would say. It's gonna be some challenges, but I feel like as long as I apply myself, everything will work out good.

Steve Dalager- Good.

Dan Riihiluoma - Well good luck.

Jarvis Hunt - Thank you.

Steve Dalager - Paisley, how are you feeling, are you looking forward?

Paisley Forcell - I'm not too nervous about it. The only online class that I think is gonna be really difficult for me is my Algebra two class, but I already have, I take nutrition online. My comp class, my teacher, she already does a bunch of videos for her classes. That won't be too hard, because I know like, if I miss one of those days, for my comp class, then I go online, like, I'm still caught

up, so I know that that class will be okay. My psych class will, I think it will be okay, right Tara?

Tara - Yes, it's gonna be great.

Paisley Forcell - But no, I'm not too worried about it. I got a laptop and WiFi, so I'll be okay.

Tara - All right, well I'm glad that you are both taking some positive outlooks on transferring online. The last question we have for both of you is, you know, we're hoping that your peers and other members of LSC are gonna hear this, and do you have any words of encouragement for them?

Paisley Forcell - I kind of do. I guess I don't know if this is encouragement, but I look young, I look healthy, and my boyfriend a long time ago used to work at Super One, and when we were at Super One a couple days ago with like masks and the gloves and stuff. He was like just kind of like joking around, like laughing at us, and he's like, oh come on, only the weak of health will die. We'll be just fine. And I'm like, I am the weak of health. Like what are you talking about? Like you gotta take it seriously. Yes, you're young and healthy. You can fight it off, but somebody with me, who has absolutely no immune system, like if I caught it, like that could be deadly, and that's really serious. I think people should not be so selfish about it, I guess. Like I said, I don't know if that's encouragement, but .

Steve Dalager - I think warning, encouragement, well, they're in the same ballpark.

Tara - And I think you made a really good point that in an ableist society, we oftentimes look at people and assume that they don't have any disabilities if they don't have some type of physical ailment, and same with immunity. We can look at you and say you're young, vivacious woman, but we don't actually know, so thank you for mentioning that.

Paisley Forcell - Yeah.

Dan Riihiluoma - And being young and healthy is not a guarantee you'll survive. 25-year-old guy with no complications or previous illnesses or whatever died not 10 miles away from my sister, so.

Paisley Forcell- Yeah, yeah, exactly.

Tara - Jarvis, what were you going to say with your words of encouragement?

Jarvis Hunt - My words of encouragement for my students is just, words of encouragement for the students. To piggy-back on what Paisley said, take this serious, even if you don't feel that it's a need too, or if you feel as if it is a need too, just try to stress about how serious it is, not just for older people but for younger people too. For school, stay in touch with your teachers by emailing them or calling them or any other way is possible. Don't be afraid to reach out for help at a time like this, because there will be people willing to help you.

Paisley Forcell - I think if we follow all guidelines, it will eventually be over, you know, just like in the past, any kind of, like the Great Depression for example. At that time, people didn't think anything was gonna get better, but it did, so hopefully history repeats itself.

Steve Dalager- Nice. We as a species will survive.

Paisley Forcell - Yeah.

Steve Dalager - And you two are gonna be survivors.

Paisley Forcell - Yup , you too.

Jarvis Hunt - Thank you.

Tara - Well thank you both so much for joining us today. I really appreciate you taking this time, seriously.

Jarvis Hunt - Thank you for having me.

Paisley Forcell- Yeah, thank you, and you're welcome.

Steve Dalager - Dan, do you have any parting words for Jarvis and Paisley?

Dan Riihiluoma - Hang in there guys. Seems like it's gonna be a long slog.

Paisley Forcell- Uh-huh.

Tara - We're in this together. I know that it's cheesy, but I genuinely say it, like, we're in this together.

Paisley Forcell - No we really are.

Jarvis Hunt - We're all in this--

Steve Dalager - Would you sing it please Tara, from High School Musical?

Tara- I don't know that, I'm too old for High School Musical.

Paisley Forcell- I was not a huge High School Musical fan. I felt like I was too old for that shit.

Tara - I'm not a fan of it either.

Jarvis Hunt - Oh let me guess, you don't like Santa Claus either?

Steve Dalager - We're getting a little silly here. I'm gonna end the recording now.

Steve Dalager - That was Jarvis Hunt in Florida and Paisley Forcell in West Duluth. You know, listening to those guys, what are some things that stand out Tara and Dan?

Dan Riihiluoma - Just the death of Jarvis' friend is crushing, honestly. Normal tragedy hasn't stopped happening just 'cause there's a global tragedy.

Tara - Absolutely. And the fact that it's gonna be compounded by the lack of in-person social

support Jarvis and his friends are able to access right now during social distancing.

Steve Dalager - We also will never know what role the stress of the whole situation played in that incident and other incidents like it. I mean, people's stress levels cause them to do things they really shouldn't do, and this might be an example of that. But we'll never actually know that.

Dan Riihiluoma - It's tragic all the same, I mean, regardless of why it happened.

Tara - Plus we have Paisley, who shared her autoimmune disorder with us, and I think it highlights a really important issue that some people have been forgetting that young individuals, even if they do not look sick, that doesn't mean that they're not dealing with something that could be significantly impacted by the coronavirus.

Steve Dalager - Right, and the fact that they're still people out in the world who aren't taking this seriously.

Tara - And Jarvis, I think his term for that, he referred to it as demoralizing, which I thought was really interesting and accurate.

Steve Dalager - And sad. Jarvis is up to the task even if he has to complete the semester on his phone, which is gonna be murder in my mind, but.

Tara - Yup, but he says he's well-rested, so there's a plus.

Steve Dalager - All right, well-rested helps a lot. And let's not forget Paisley and her boyfriend, whose beautiful declaration of love for her is just knocking my socks off.

Steve Dalager - Well I think that about wraps up episode four. Join us for episode five, where we're gonna circle back and talk to Cheyenne Warner and a little bit more to our co-host here, Dan Riihiluoma. Bye.

Dan Riihiluoma - Bye!

Tara - Bye!

Steve Dalager- You've been listening to Going There, a Lake Superior College podcast, whose focus is equity and mindfulness. On behalf of Tara McCoy and Dan Riihiluoma, co-hosts of this special COVID-19 edition, I say thank you for listening. If you have questions about Going There, please email me, Steve Dalager at Steven.Dalager@lsc.edu. That would be D-A-L-A-G-E-R. Mic drop.