In less than two months, our world has completely changed and the Eastmont School District has been endeavoring to adapt and keep our students learning. As you probably know, Washington State Governor Jay Inslee has ordered traditional on-site public education to shut down through the end of the 2019-20 school year. Remote learning, to the best of our system’s ability, will be provided through the end of the school year.

Here’s how our schools have been shifting to provide remote learning and other resources to the students and families we serve:

While schools are closed, Eastmont Food Service is providing meals, free of charge, to all children aged 0-18. Clovis Point, Sterling, Lee, and Rock Island schools are open from 11:30 am - 1:00 pm Monday through Friday for children to pick up meals. School buses are also delivering meals to designated bus stops around the community.

The Eastmont School Board has approved grading for students in 8th through 12th grades due to the national and state coronavirus pandemic and according to the guidance by the State Superintendent of Public Schools. Every class taken during the closure period will be given a statewide designator on the high school transcript to denote the unique environment in which the course was taken. All students will be given an opportunity to engage in remote and continuous learning to maintain or improve their mastery of essential standards in preparation for future school and work.

For Sterling and Clovis Point, teachers are working collaboratively on whole-child “Learning Challenges.” These challenges are offered to all students and have a variety of levels to help accommodate individual student needs. A different challenge is presented each day of the week from different content area teaching teams (Monday - specialists, Tuesday - math, Wednesday - English language arts, Thursday - science, Friday - social studies). The challenges are designed to be engaging and fun while still focusing on essential academic learning targets. Information about the daily challenges will be provided via Google Classrooms, our schools’ Facebook pages, and the Eastmont website at eastmont206.org. Parents can also pick up paper copies, along with food service meals, at both of those schools, Monday through Friday from 11:30 am to 1:00 pm.

Eastmont’s counseling office staff is fully operational to serve you.
Be Persistent, Be Kind and Enjoy the Journey
Says This Distinguished Alumni

By Dominick Bonny

Dave Piepel is a product of the Wenatchee Valley, through and through. Over the years he’s built a business, put down deep roots in the community and gives back in numerous ways, like serving as president of the Eastmont School Board.

Born in Wenatchee, his family moved to East Wenatchee when he was very young. He attended Eastmont schools, graduating from Eastmont High School in 1988. After that, he went to Wenatchee Valley College for two years and played basketball for the Knights. Then he transferred to Washington State University and majored in agricultural economics.

After graduating from college in the spring of 1992, he got a job with Regal Fruit in Tonasket and moved up north to start his career. But it was just ten short months before he would be back in the Wenatchee Valley.

Stemilt Growers offered him a job as a field consultant to growers. He took it, moved back to the valley and became a grower himself.

“When I first got back to working at Stemilt that spring, I started leasing an orchard up above Orondo. So I did my day job and then I was a weekend warrior,” he said. “I feel like it made me a better field consultant because I knew what the growers were going through.”

He ended up buying that orchard. During his 20-year career at Stemilt he was a partner in a successful orchard business that lasted 18 years. Now he farms over 600 acres of tree fruits. In addition, he owns and operates a packing facility in East Wenatchee and a cold storage facility in Wenatchee.

He also gives back. Piepel said being committed to his community is a habit he formed early.

“I was really involved growing up. I played sports and participated in choir and FFA in high school. I also did band in middle school,” he said. “I learned a lot of good life lessons in those experiences. Once I got to the point of having a family, I just wanted to make sure those things have a place in education. I wanted to give back to my school and my community.”

“We have a talented team at Eastmont that will rise to these challenges. We will persevere and overcome them.”

When asked if he has advice for graduating seniors and other students in the district, he had this to say:

1. Surround yourself with good people. For me this starts with my faith, family, church family, friends, co-workers, employees and mentors.
2. Find something you really enjoy doing or dream of doing.
3. Be persistent and do not give up too soon. In my experience, reaching your goals does not happen in a short period of time. When you find your path, it will be exciting and things might come easy the first few years. It is the middle years that can be difficult and it is easy to give up. I found myself asking “Is this going to work or will I ever get there?” If you really enjoy something and believe in what you are doing, you will find success after a significant amount of time and hard work has been put in. In my experience, this has taken between seven and 10 years in some cases. This has been the case whether it was playing sports, as an employee and even owning my own business. Keep believing and do not give up when adversity strikes. Learn from your mistakes and setbacks.
4. Enjoy the journey and try to love one another, treat others how you want to be treated and be a “positive light” in whatever you do.

While we are living in challenging times due to the COVID-19 crisis, Piepel said he has faith that the Eastmont community, school administrators, teachers, staff and students will meet those challenges.

“We have a talented team at Eastmont that will rise to these challenges,” he said. “We will persevere and overcome them.”

Scan the code with a smart device to watch a video highlighting how Food Services and Transportation employees have been serving our students.

**Focus On: Alumni**

**Cont. from page 1**

...electronically as well. The entire list of resources available to Eastmont students and families, including counselor contact information, health and wellness resources, community resources, housing assistance are available at eastmont206.org. Click on the “remote learning” tab.

Students who still need to borrow a Chromebook can check one out from their school for the duration of the school closure. Chromebooks need to be returned in June. If your student still needs a Chromebook, please contact your child’s teacher.

If parents need internet access, Spectrum and LocalTel are graciously offering free internet to our families. Call LocalTel 888-8888 and Spectrum at 1-844-488-8398 for more information.

Please communicate directly with your child’s teacher for any questions that you have regarding remote learning. Thank you for partnering with us as we all work together to keep our students engaged in learning.
As you know, we are in the midst of a hundred-year pandemic, similar to a hundred-year flood as far as the effects it is having on our world as we have known it. Schools are closed and educators are doing the best they can during an unprecedented emergency. Schools have had many drills to prepare for all types of emergency, but never this one, and most of us never saw it coming.

All our children are at home during a time they would normally be in school, learning, having social time and growing as people and students. That has all been changed and it is causing stress on everyone. It is hard on families, educators, businesses, and our community, but is especially hard on our children and their emotional state. They will all handle this differently: some are likely experiencing the time off, but most are not. We must respect each child’s emotions at this time. The seniors especially are hurting as they miss out on maybe the best time of their high school years. My own senior, who was honored as Apple Blossom Queen, a track athlete and a likely valedictorian, has emotional breakdowns, although she is mostly very mature and often states she is lucky compared to what many people are facing. My tenth grader, on the other hand, is mostly enjoying the time away, although he still misses the social interaction and does not always show his emotions. The point is this is hard on our children and we must do what we can to support them.

What can parents do to help keep their children busy and emotionally well during this time? Included in this article are a few ideas that will hopefully help all families cope with this unprecedented time we are experiencing. To be clear, these are not ideas from myself as Assistant Superintendent – but rather a compilation of reading and conversation with experts on this subject.

Begin each workday with a school like routine and schedule. Children thrive when they have a routine schedule. Obviously, you cannot keep the same schedule as a school, but try to be as similar as possible. Have them get up, eat breakfast, do some academic work, have some play time and outdoor activities, eat lunch, do more academic activities, do more play or activities. Basically, break their day into chunks like schools do. If they sleep in late, stay up late and do not have a routine, experts agree this is a recipe for emotional strife, maybe even depression. Try to give them a purpose for each day. Personally, I have my teenagers building fences, decks, and other chores – it gives them a goal every day. Do they always like the chores? Absolutely not, but it teaches them new skills and gives them a purpose. Try to limit the mundane chores, but when doing these essential chores, try to turn them into a fun competition. Challenge them with something they may not know how to do but can learn with your support. I know of a grandparent who is having her younger grandchildren do art projects, then they take pictures of their art and send the pictures to her and in return she sends them feedback. If you are home with your children, this is a time to do activities you may not usually have time for.

Schedule many physical activities. Ride bikes around the neighborhood, do family walks, go on hikes, play lawn games, shoot hoops, throw a frisbee/ball, etc. Many grandparents are likely feeling isolated and will also thrive on communication with their grandchildren. Please encourage your children to communicate with their grandparents through however manner they can: mail, email, texting, pictures, etc. This is a good opportunity to reorganize rooms, do deep cleaning, or do house painting. Cooking and baking are jobs that children can do, while also learning math, reading and a plethora of other skills. Support your child as a line cook while they are the sous chef. It’s sometimes easier said than done but the ultimate goal is to give them purpose every day.

Schedule many physical activities. Ride bikes around the neighborhood, do family walks, go on hikes, play lawn games, shoot hoops, throw a frisbee/ball, etc. Maybe partake in tag, hide and seek, dance parties, board games and whatever other unconventional games you have knowledge of. Take turns choosing the game and remember it is for fun, not necessarily to win or lose. Whatever you can schedule is going to be healthy for your child’s physical and emotional health and will also strengthen your family. This valley is loaded with hikes, walks and places to enjoy outdoor physical activity – now is a great time to take advantage of our awesome valley. Please do so while still practicing social distancing. It is especially important for families to play together.

Schedule screen time. In normal times we are Eastmont's greatest resource, and we are committed to each and every one of them. Rest assured we will get through this time with flying colors. Please reach out to me or any of our employees for assistance you may need. Please take this time to nurture yourselves, your children and help them grow and be emotionally safe and healthy. We will all do the best we can and be back as strong as ever – we are Eastmont!
Committed to Truly Being the Change

**By Daniela Cazares, EHS Scratching Post**

**Eastmont High School** – At Eastmont High School, many students are recognized for their honorable work within the community, but one young woman shines a bit brighter. Makenna Schwab is a junior at EHS and she lives and breathes the Wildcat Way.

Schwab was born with Larsen’s Syndrome, a rare connective tissue disorder that causes joints to be dislocated, instabilities in the spine, and complications with airways. Sadly, that list is not exhaustive, nor does it detail the immense complexities Schwab has dealt with in her 17 years.

Thankfully, she has not let this syndrome define her. In fact, she has proven to the masses that this diagnosis will not be what the world thinks of when they speak of Makenna Schwab.

Her courageous strength has given her a huge platform to help others who have or are going through similar conditions. After overcoming 20 surgeries, the Seattle Children's Hospital holds a special place in her heart.

“From just one week old, Seattle Children’s became my second home. From serial casting to surgeries to inpatient stays to appointments and tests, Children’s was always a place of safety,” explained Schwab.

In 2011, Schwab sparked the question to her parents if she could sell cookies and lemonade and give the proceeds to Seattle Children’s. With that simple question, the door was unlocked to numerous opportunities.

Schwab was given a wish from the Make-A-Wish Foundation in 2012 at a very crucial time in her life. Schwab was about to go into a major spine surgery to correct a severe form of scoliosis related to her syndrome. With a spine that was crumbling, a collapsed lung, and a compromised heart, the Schwab family trekked the mountain passes to Seattle once again.

“I was 9 at the time and scared out of my mind, so my wish was a great way to take my mind off of things. I went back and forth between experiences and my favorite celebrities, but nothing felt just right. Finally, I settled on my perfect wish. I wanted the actor Chris Pratt to help me with the projects.”

Pratt agreed and met up with the Schwab family and some doctors at Seattle Children’s. The group spent the day brainstorming ways they could benefit the hospital. Schwab also took Pratt to visit other inpatient kids and their families.

“Chris ended up offering the opportunity to go visit him on the set of “Jurassic World: Fallen Kingdom” in Hawaii! Together, Chris and I called ourselves Team MakPratt and raised over $828,000 for the Seattle Children’s Orthopedic Department. It blew us both away. I’m so lucky to call him my friend, and so happy I could use my wish to help so many people.”

Because of the success, her Make-A-Wish partnership cultivated Schwab’s passion to help others continue to grow. She became a patient ambassador for Seattle Children’s, where her story was shared at fundraising events and by publications frequently found in hospitals. Schwab was also asked to be a speaker at WE Day Seattle in 2018. She joined many celebrities and teens who share her passion for volunteerism and giving back.

In 2019, Makenna was named a National Champion for Children’s Miracle Network. Which, that meant she would be representing the 170 Children’s hospitals across the nation.

“The experience took me all over the country for different speaking engagements and events, and even sharing my story on a Cheerios box.”

Back at EHS, Schwab’s involvement is no less impressive. Schwab has also proven herself in the traditional academic classrooms where she maintains exemplary marks in AP US History, AP English, and Precalculus. In her elective schedule, she has become an active member of Senate and Leadership with Laurie Butterfield. These groups help to arrange events like dances and fundraisers, but more importantly, these organizations develop and cultivate the true caring culture at Eastmont.

They are always seeking opportunities to extend the Wildcat Way and to be the change and choose love. So it is no wonder Makenna found herself attracted to these movements.

Schwab is always thinking of others first, willing to go above and beyond. And teachers who know her speak highly of her.

“Makenna is a compassionate young lady. Always thinking of others first, willing to go above and beyond for them. She genuinely is concerned for her peers and is an excellent student. She is committed to serving others. She is an organizer, planner, and go-getter! Everything I have seen her do, be a part of, she has done with integrity. She has already done many positive contributions to our school, community, and society that I can’t wait to see what else this little powerhouse does!”

Butterfield said.

Schwab’s fierce heart and determination has empowered change within the community and encourages many to do the same. She simply lives the Wildcat Way and will make not only this valley but the world a better place.

To support Makenna’s mission to inspire others and help further her cause, visit Makspire.com to learn more about her non-profit organization and ways you can help.

Author bio: Daniela is a senior at Eastmont High School. She was born in Arizona and moved from town to town as a child, eventually ending up a Wildcat. Her favorite things to do while not working include hiking, attending student events, and writing! She has done both cross country and track throughout her school years and is a writer and editor for the school newspaper, The Scratching Post. She hopes to attend the University of Arizona this fall.
BY GARN CHRISTENSEN

Transitional to K-6 schools and two junior high schools continues to be on schedule for implementation in the 2021-22 school year. The goals of this process are as follows:

- Maximize use of available K-12 classrooms at all levels over the next 10-15 years.
- Maximize state and federal funding at all schools.

- Maximize neighborhood walking schools.
- Maximize bus route efficiencies.
Even though we hope to minimize student disruption, approximately 25% of elementary students will be reassigned to an adjacent school given that two additional grades (5th and 6th) are being added to each elementary school. These assignments will be made after the school board takes final action next winter on recommended school attendance areas. All students will need to reapply as a choice student if they desire to attend a school outside of their new attendance area. These are evaluated based upon space available. For more information on reconfiguration including a timeline for implementation, please go to our District website at www.eastmont206.org and select “Reconfiguration and Construction” in the Quick Links section. Please direct any questions to Executive Director Spencer Taylor at taylors@eastmont206.org or call 509-884-7169.

PANDEMIC AND SAFETY

BY GARN CHRISTENSEN

My first draft of this newsletter was created on April 2, when many of us would have been on spring break. Unfortunately, we are in the midst of a situation few of us would never have anticipated only a couple months ago. It is May now and our world has changed.

Days for students and educators are filled with virtual learning or independent work. National and state leaders are working to determine next steps for schools to ensure both students and our communities are as safe as possible.

When I reflect on what or how we could have better prepared for this situation, I am unsure. As in most emergencies and disasters, things are rarely clear. An invisible virus pandemic seems even more difficult to respond to than a tangible fire, flood, earthquake, hurricane, tornado, blizzard, or other type of emergency.

Yet similar to an earthquake, the only preparation is the strength of the structures you build as well as what you do if and when these events occur.

Public schools will likely be different as we move forward. To better meet these emerging needs, Eastmont is examining all health and safety procedures as well as expanded online, hybrid, and other alternative programs to better meet students’ needs. For more information on the options for 2020-21, please contact Eastmont HomeFIELD administrator Katie Tucker at 509-884-7115, or email her at tucker@eastmont206.org.

I need to thank our board of directors, teachers, support employees, and supervisors. All have adapted quickly to our shutdown and worked hard to provide meals, remote learning, and ensure basic business operations continued. This group continues to work through startup plans that best support safety as well as Eastmont’s 4 Rs – Relationships, Relevance, Rigor, and Results.

It is important to remember those reading this are only here today because our ancestors had the strongest immune systems of any people who have ever lived on earth. We as a community of people have been through this before. Now it is time to grow and learn from this experience and demonstrate all that is good between family, friends, neighbors, colleagues, and community.

EASTMONT FINANCIAL UPDATE AND OUTLOOK

BY GARN CHRISTENSEN

As we emerge from this and return to a new normal, I remind our community that we need your help to ensure we return every tax dollar possible back to our community. This is more important than ever as many of our residents are without jobs or income. Working to return tax dollars is an on-going task assigned to Eastmont supervisors as they manage federal, state, and local allocations and prepare and submit applications for competitive grants.

For our community, we ask that you help us with a few activities. First, complete the federal census. An accurate count for the cities within our District and Douglas County will likely return more federal taxes to our region. If we don’t participate, these funds will be sent to other communities and school districts. Second, if you have students at any age in Eastmont, consider filling out the application for free or reduced meals. Even if you decide not to participate, the information from this application drives funds for our meal program, yet also several instructional programs that hire teachers and paraeducators to provide additional and enrichment type services.

Third, if you have a student eligible for busing, consider having your child ride the bus rather than drive your student to and from school. Not only will it reduce traffic, save you time and gas money, according to accident statistics it is safer for children than riding in a car to and from school. With construction occurring on six Eastmont campuses next year, not driving will also reduce traffic and congestion in our school/construction zones. An increased bus ridership count returns more state tax dollars that otherwise get allocated to other districts to pay their bus drivers, mechanics, and transportation support staff.

Last, on an upcoming state ballot, there will likely be a proposal for our Replacement Educational Programs and Operations (EP&O) Levy. These funds are local property taxes that remain 100% in Eastmont. They help pay for staffing costs throughout the district as well as support sports, arts, drama, choir, and other electives and specialist programs.

Students and Cell Phone Use, Please Take The Survey

Earlier this school year, the Eastmont Board committed to examine cell phone use in schools. As part of this process, we are now asking parents, students, employees, and community members to share their opinions on when and how students should use phones on school campuses.

Here is a link to our survey with 6 questions: https://www.surveymonkey.com/r/QLj5WP
Please take 2-3 minutes to answer these questions as we appreciate your opinions and comments. The survey will close May 29, 2020.

A principio de este año escolar, la junta directiva de Eastmont se comprometió a examinar el uso de los teléfonos celulares en las escuelas. Como parte de este proceso, ahora estamos pidiendo a los padres, estudiantes, empleados y miembros de la comunidad que compartan sus opiniones sobre cuándo y cómo los estudiantes deben usar los teléfonos en los campus escolares.

Aqui está el enlace a nuestra encuesta de 6 preguntas: https://www.surveymonkey.com/r/DDRXW27
Por favor tomese 2-3 minutos para responder estas preguntas, agradecemos sus opiniones y comentarios.
EHS Choir Honors Graduating Seniors

With a global pandemic interrupting our lives, the Eastmont High Choir has found a unique and fun way to celebrate seniors. They’ve been posting senior photos to social media and giving grads shout outs. Here are a few, and you can see all the posts by heading over to the Eastmont School District’s Facebook page at facebook.com/eastmontschools/

Clovis Point’s Mrs. Davis Earns National Board Certification

Congratulations to Mrs. Runelle Davis for earning a National Board Certification in math! A National Board Certification is a voluntary, advanced teaching credential that goes beyond the state licensure. The National Board certifies teachers who successfully complete its rigorous certification process. National Board Certification was designed to develop, retain and recognize accomplished teachers to generate ongoing improvement in schools nationwide. It is the most respected professional certification available in K-12 education.
2020-21 Kindergarten Registration

Due to the response the District received from the Governor’s Office and the State Department of Health as part to reduce the spread and effect of the COVID-19, our registration process has changed until further notice. Below are the different steps to submit 2020-2021 Kindergarten Registration documents.

1. Print forms from Eastmont School District website, http://www.eastmont206.org/ and email all necessary documents to Karina Zendejas, zendejask@eastmont206.org or drop completed packet and documents to the District office Mailbox (Located in the front of the building) 800 Eastmont Avenue, East Wenatchee.

2. Pick up Registration packet at the Eastmont School District office, 800 Eastmont Avenue, East Wenatchee. Registration packets will be located at the front of the building by the front door. Once ready to submit completed forms, scan and email all documents to Karina Zendejas, zendejask@eastmont206.org or drop completed packet and documents to the District office Mailbox (located in the front of the building) 800 Eastmont Avenue, East Wenatchee.

Questions?

Email Teresa Reyes at reyest@eastmont206.org or Karina Zendejas at zendejask@eastmont206.org. Or call 509.884.7169 with any questions or concerns.

2020-21 Wee Wildcat Registration

In our best efforts to reduce the spread and effect of COVID-19 the Wee Wildcat preschool has changed the registration process until further notice. Below is the process to submit your child’s 2020-2021 Wee Wildcat Registration.

1. Print registration packet from Eastmont School District website, http://www.eastmont206.org (District Information>Parents>Wee Wildcats Preschool>New Student Registration) scan and email all necessary documents to Amanda Walker: walkeral@eastmont206.org and mail $50 registration fee to: Eastmont School District, Attn: Amanda Walker, 800 Eastmont Ave, East Wenatchee, WA 98802. Or, drop off your completed packet and registration fee at the District Office Mailbox (located in front of the building by the front door) 800 Eastmont Ave, East Wenatchee.

2. Pick up registration packet at Eastmont School District Office, 800 Eastmont Ave, East Wenatchee (located in front of the building) 800 Eastmont Ave, East Wenatchee. Or, drop off your completed packet and registration fee at the District Office Mailbox (located in front of the building by the front door) 800 Eastmont Ave, East Wenatchee.

Please contact Amanda Walker for questions or concerns: walkeral@eastmont206.org 509-888-4734.

Eastmont Para Association Gives Back

The Eastmont Para Association wanted to do its part to help out the community during our recent quarantine. They started by seeking out small local restaurants that sell gift cards that we could purchase for our frontline heroes.

They chose Garlins, Mai Lee Thai, and Bob’s Classic. Next they decided to donate the $1000.00 of gift cards between the two groups of unsung heroes, the Douglas County Fire Department and the EMT and paramedics at Lifeline Ambulance. We hope this helps our community get through this crisis. Whether it’s supporting local small businesses, or to provide a hot meal after a long shift, you have helped make this possible.

The Eastmont Para Association would like to thank all our frontline responders, medical workers and essential employees for being part of an organization that stand together and build stronger communities.
Focus On: Athletes

With Eastmont sports disrupted by the COVID-19 pandemic, there’s not a lot of news when it comes to athletic competition. But that doesn’t mean our Eastmont athletes are not still practicing their sports of choice or staying in touch with their coaches and teammates. We reached out to a few of our student athletes and asked them to respond to these questions:

1. What sport do you play, and how have you kept practicing during the school shutdown?
2. Do you think it’s important to keep practicing even though you can’t compete right now? If so, why?
3. Have you kept in touch with your coach and teammates during this time? How so?
4. Is there one piece of advice you could give to other student athletes and younger student athletes? If so, what would it be?

Rocio Valdovinos, Tennis

1. I have been practicing tennis during the school shutdown. I try to stay active, however, it is hard when many recreational areas are closed to play tennis.
2. I believe it is important to keep practicing even though we cannot play because it helps me stay active and motivates me to play more and work on my skills.
3. I have been in contact with my coaches during these difficult times. Every Monday, our tennis team has a weekly meeting on Zoom and discusses our goals, techniques, and preparation when we return back on the courts.
4. One piece of advice I would like to give is: know that you will make mistakes. Do not let that stop you from playing the sport you love. You are human, so work harder and give it your all the next day. Most importantly, never take practice and any game for granted.

Jacob Bindley, Golf

1. I’m the captain of Eastmont’s golf team and over the last couple months I have been practicing up at Highlander Golf Course where I work.
2. I definitely believe it’s important to practice over this shutdown period. There is always time to get better.
3. I’ve been communicating with my teammates and coach through text and email.
4. Come to practice early and stay late, always.

Jarred Barnes, XC, Track

1. I have been in touch somewhat with my coaches during these difficult times. Every Monday, our tennis team has a weekly meeting on Zoom and discusses our goals, techniques, and preparation when we return back on the courts.
2. I believe it is important to keep practicing even though we cannot play because it helps me stay active and motivates me to play more and work on my skills.
3. I have been in contact with my coaches during these difficult times. Every Monday, our tennis team has a weekly meeting on Zoom and discusses our goals, techniques, and preparation when we return back on the courts.
4. One piece of advice I would like to give is: know that you will make mistakes. Do not let that stop you from playing the sport you love. You are human, so work harder and give it your all the next day. Most importantly, never take practice and any game for granted.

Nathaniel Balauro, Soccer

1. I have been trying to play with a ball anytime I can and wherever I can. So most of the time it is just me by myself playing at my house.
2. I do believe it is important to practice even though nobody can compete because practicing is the only way that we will get any better.
3. I have been in touch somewhat with my coach and teammates. It’s always good to stay connected with them, even if it’s just a couple of texts back and forth.
4. One thing I would want to tell other student athletes and younger student athletes is to enjoy the things in life even if it is not a sport because who knows what is going to happen tomorrow or the day after that.